NATURALOPY

NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)
noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.

2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)
noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.

2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.

3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)
adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

> A rule, directive, or principle that guides one's actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

1. Freewill
2. Karma
3. Simplicity
4. Health
5. Spirituality
6. Compassion
7. Purpose
8. Virtue
9. Attitude
10. Character
11. Happiness
12. Love
13. Dreams
14. Wisdom
15. Success
16. Suffering
17. Forgiveness
18. Salvation
19. Liberty
20. Time

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they're derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

CELEBRATING

HUMANITY

PRECEPT 1

FREEWILL

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free will

self-determination, freedom to choose, independence

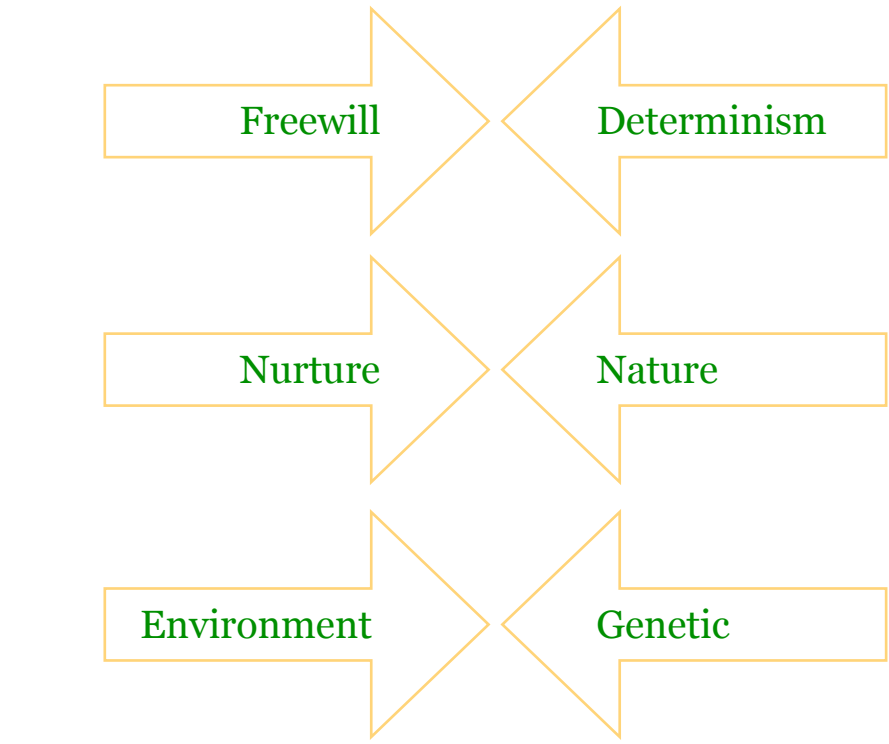
1. The ability to choose; free choice: chose to change my life of my own free will by making daily changes.

2. The power to make choices that are unbound by external forces such as predestination or determinism.

What determines who we become in life? It's the age-old debate of Nurture versus Nature. Is our life shaped by Freewill or Determinism? The answer was, is, and will always be freewill. There is irrefutable evidence from every field of life that we create our life by the choices we make. We have witnessed disenfranchised people of every parentage overcome staggering odds to turn their dreams into reality.

Our life is not a fixed series of events ordained by mythological entities. Nor is our life decided by our parents, friends, peers, community, the media, or our past. Our life is what we make of it. We create our life through self-education, awareness, and conscious effort.

No one should be held responsible for who they were born to, how they were raised, what happened to them in childhood, or the period before enlightenment. However, everyone must take responsibility for their own life as a rational, enlightened adult. When we are enlightened, we have the final say in every choice we make and how we live. Misery, suffering, and happiness are all within our freewill.

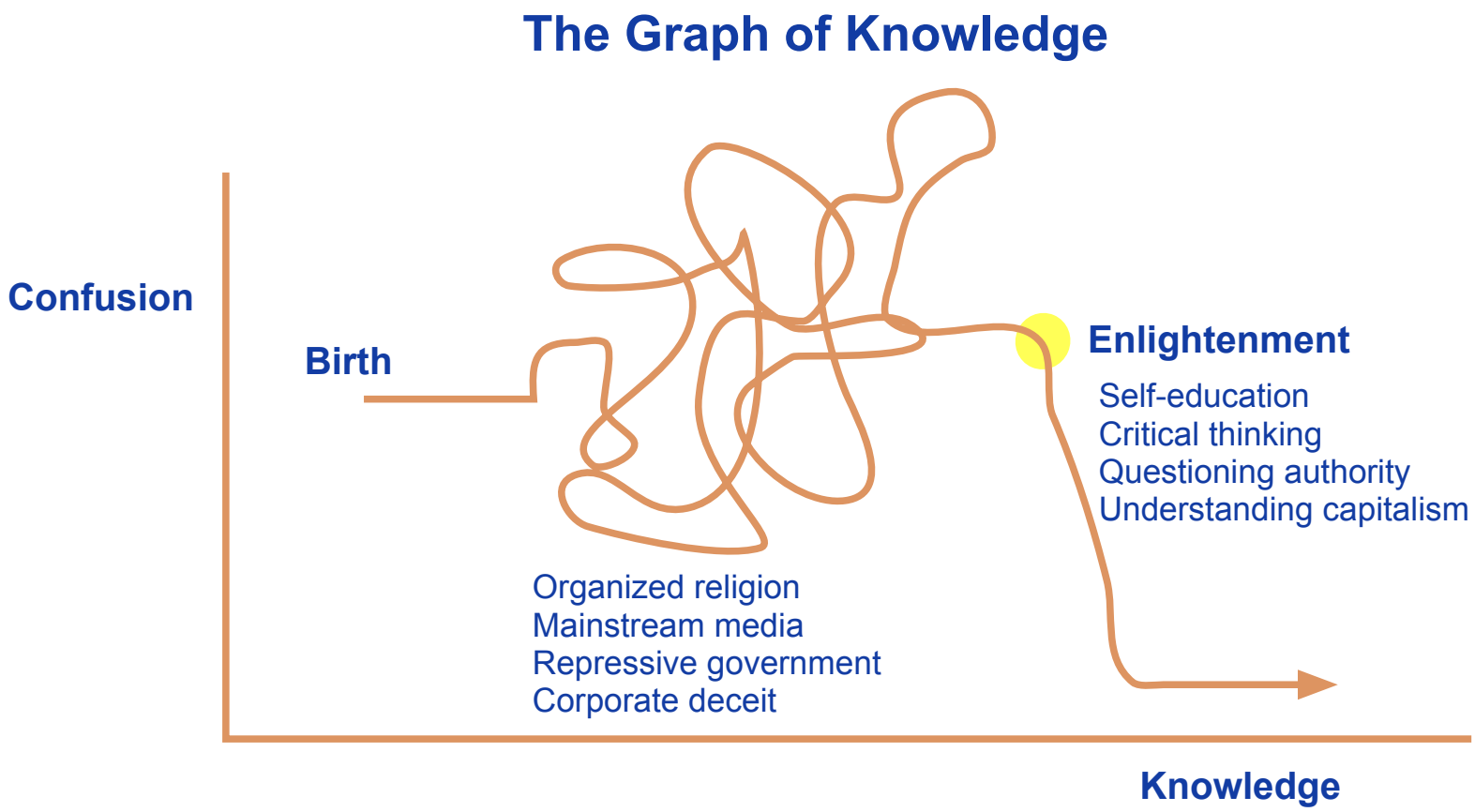


Experience has clearly shown that in human development, freewill trumps determinism, nurture trumps nature, and environment trumps genetics.

The emerging fields of genetics and genomics in which genes and DNA/RNA molecules are mapped and analyzed have no affect on our freewill. The expression of genes are determined by other genes, lifestyle, diet, thoughts, and other factors. Life is dynamic and can be extremely complex; therefore, the idea that genes alone control our life is a pseudoscience. For instance, take the top five successful people in sports, music, business, acting, and science. Were their parents anywhere near as successful as they are? A resounding no. In many cases, they didn't even choose the same fields as their parents did.

The illusion that we have no freewill are promulgated by religious institutions designed to keep us in servitude. Put another way, many things that we've been told from birth that were good for us are actually good for someone else—the invisible guiding hands that have misdirected or suppressed our freewill.

What impedes our freewill are the four banes of knowledge: organized religion, mainstream media, repressive government, and corporate deceit. Particularly, the deliberate, cradle-to-grave miseducation by religious institutions, which can only be overcome by self-education, which leads to self-discovery and the understanding of our proper place in the world.



The journey of enlightenment begins with the understanding that we are the creators of our life. We create our own life, sweat-by-sweat and step-by-step.

The purpose of life is not to find ourself, but to *create* ourself. We create our life with the choices we make.

NATURALOPY

PRECEPT 1

FREEWILL

Live a good life. If there are gods and they are just, then they will not care how devout you have been, but will welcome you based on the virtues you have lived by. If there are gods, but unjust, then you should not want to worship them. If there are no gods, then you will be gone, but will have lived a noble life that will live on in the memories of your loved ones.

Marcus Aurelius

I wear the chain I forged in life. I made it link by link, and yard by yard; I girded it on of my own free will, and of my own free will I wore it.

Charles Dickens

Every person builds the world in their own image. They have the power to choose, but no power to escape the necessity of choice.

Ayn Rand

The only person you are destined to become is the person you decide to be.

Ralph Waldo Emerson

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

Aristotle

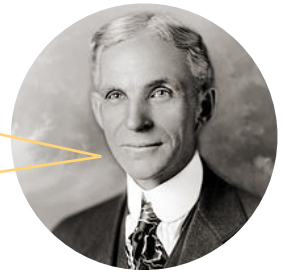
Destiny is but a phrase of the weak human heart—the dark apology for every error. The strong and virtuous admit no destiny.

Edward Bulwer-Lytton

There is nothing that training cannot do. Nothing is above its reach or below it. It can turn bad morals to good, good morals to bad; it can destroy principles, it can recreate them; it can debase angels to men and lift men to angels. And it can do any of these miracles in a year—even six months.

Mark Twain

Whether you think you can, or you think you can't—you are right.



Henry Ford

Take your life in your own hands and what happens? A terrible thing: no one to blame.

Erica Jong

Life can be much broader once you discover one simple fact, and that is: Everything around you that you call life was made up by people that were no smarter than you. And you can change it, you can influence it, you can build your own things that other people can use.

Steve Jobs

Lao Tzu

Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habit. Watch your habits; they become character. Watch your character; it becomes your destiny.

Life is not about finding yourself.
Life is about creating yourself.

George Bernard Shaw

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.

Charles Darwin

Our greatest glory is not in never falling, but in rising every time we fall.

Fall seven times, stand up eight.

Confucius

Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan “Press On” has solved and always will solve the problems of the human race.

Calvin Coolidge

Life is like a game of cards. The hand you are dealt is determinism; the way you play it is free will.

Jawaharlal Nehru

You are responsible for your life. You can't keep blaming somebody else for your dysfunction. Life is really about moving on.

Oprah Winfrey

The minute you understand that you can poke life, if you push in, something will pop out the other side; you can change life and mold it. That's maybe the most important thing: to shake off this erroneous notion that life is there and you're just going to live in it versus embrace it, change it, improve it, and make your mark upon it. However you learn it, once you learn it, you'll never be the same again.

Steve Jobs

Free will is the sum of self-education, awareness, and conscious effort.

Trung Nguyen

Shallow men believe in luck or in circumstance.
Strong men believe in cause and effect.

Ralph Waldo Emerson

A sign of wisdom and maturity is when you come to terms with the realization that your decisions cause your rewards and consequences. You are responsible for your life, and your ultimate success depends on the choices you make.

Denis Waitley

Every choice has a consequence. We make our choices, then our choices make us.

Naturalopist

Remember that the choices you make, and the reasons you make them, shape your destiny. Remember your free will.

Derek Donais

We make our habits, then our habits make us.

John Dryden

Catholic theology believes that God gave man free will. You can't give somebody free will and then send in a play from the side lines.

Roger Ebert

Things don't just happen in this world of arising and passing away. We don't live in some kind of crazy, accidental universe. Things happen according to certain laws, laws of nature. Laws such as the law of karma, which teaches us that as a certain seed gets planted, so will that fruit be.

Sharon Salzberg

I will take fate by the throat; it will never bend me completely to its will.

Ludwig van Beethoven

Genetics may load the gun, but environment pulls the trigger.

Pamela Peeke

Life is 10% what happens to you and 90% how you respond to it.

Charles R. Swindoll

It is impossible to exercise free will as long as we are operating from within the system. Free will requires consciousness, and our pervasive and deep-seated patterns of thought are unconscious; they are outside of our awareness and therefore outside of our control. While we remain in the system, we see the world through the eyes of carnism. And as long as we look through eyes other than our own, we will be living in accordance to a truth that is not of our own choosing. We must step outside the system to find our lost empathy and make choices that reflect what we truly feel and believe, rather than what we've been taught to feel and believe.

Melanie Joy

You cannot hinder someone’s free will, that’s the first law of the Universe, no matter what the decision.

E.A. Bucchianeri

There's too much tendency to attribute to God the evils that man does of his own free will.

Agatha Christie

I have noticed even people who claim everything is predestined, and that we can do nothing to change it, look before they cross the road.

Stephen Hawking

That which you call your soul or spirit is your consciousness, and that which you call “free will” is your mind's freedom to think or not, the only will you have, your only freedom, the choice that controls all the choices you make and determines your life and character. Thinking is man's only basic virtue, from which all the others proceed. And his basic vice, the source of all his evils, is that nameless act which all of your practice, but struggle never to admit: the act of blanking out, the willful suspension of one's consciousness, the refusal to think—not blindness, but the refusal to see; not ignorance, but the refusal to know. It is the act of unfocusing your mind and inducing an inner fog to escape the responsibility of judgment.

Ayn Rand

I am very comfortable with the idea that we can override biology with free will.

Richard Dawkins

Free will is a powerful thing. Sometimes it’s the only way to realize your true destiny.

Alyson Noel

Free will, thought it makes evil possible, it is also the only thing that makes possible any love or goodness or joy worth having.

C.S. Lewis

One of the annoying things about believing in free will and individual responsibility is the difficulty of finding somebody to blame your problems on. And when you do find somebody, it's remarkable how often his picture turns up on your driver's license.

P.J. O’Rourke

James Van Praagh

We always have the freedom to choose how we wish to respond to whatever life presents us.

I believe absolutely in my own free will and my own power to accomplish—and that is the belief that moves mountains.

Jean Webster

We must believe in free will—we have no choice.

Isaac Bashevis

Naturalopist

I have evolved beyond superstition into an enlightenment of logic, reason, rationality, free thought, free will, evidence, science, and reality.

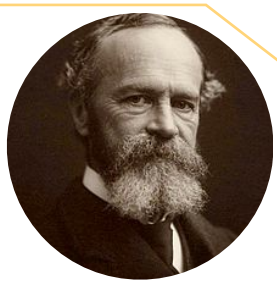
When we begin to understand the concept of Karma we will never ever blame God for anything that happens to us. We will realise that we are responsible for all that happens to us. As we sow, so shall we reap. Rich or poor, saint or sinner, miser or philanthropist, learned or illiterate. This is the Universal Law that applies to individuals, to whole communities, societies, nations and races. As we sow, so shall we reap.

J.P. Vaswani

It is better to go to defeat with free will than to live in a meaningless security as a cog in a machine.

Isaac Asimov

My first act of free will shall be to believe in free will.



William James

When you take free will out of education, that turns it into schooling.

John Taylor Gatto

Hey, guess what: You're the only creature with free will. How does that make you feel?

Kurt Vonnegut

The cool thing about free will is that even if one has a huge bag of karma there is still a lot of free will for all those souls coming into the world.

Kuan Yin

People pay for what they do, and still more, for what they have allowed themselves to become. And they pay for it simply: by the lives they lead.

Edith Wharton

Belief in karma ought to make our life pure, strong, serene, and glad. Only our own deeds can hinder us; only our own will can fetter us. Once we recognize this truth, our hour of liberation has struck. Nature cannot enslave the soul which Wisdom has gained power and uses in love.

Annie Besant

James Allen

A person sooner or later discovers that they are the master-gardener of their soul, the director of their life.

Man is his own star; and the soul that can
Render an honest and a perfect man,
Commands all light, all influence, all fate;
Nothing to him falls early or too late.
Our acts our angels are, or good or ill,
Our fatal shadows that walk by us still.

Ralph Waldo Emerson

N

Who are the only three people in the world that can change your life? Take a look in the mirror!
Me, myself, and I.

Naturalopist

I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime.

Elizabeth Kubler-Ross

Man is a being with free will; therefore, each man is potentially good or evil, and it's up to him and only him (through his reasoning mind) to decide which he wants to be.

Ayn Rand

You are not responsible for the programming you picked up in childhood. However, as an adult, you are one hundred percent responsible for fixing it.

Ken Keyes, Jr.

Albert Ellis

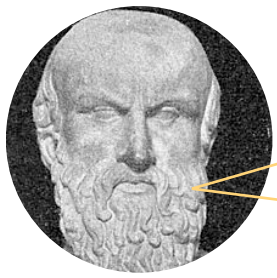
The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.

Les Brown

If you take responsibility for yourself you will develop a hunger to accomplish your dreams.

Theodore Roosevelt

If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.



And one who is just of his own free will shall not lack for happiness; and he will never come to utter ruin.

Aeschylus

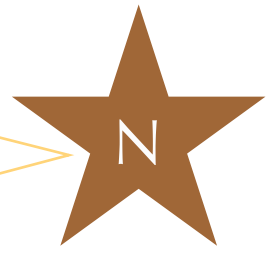
In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility.

Eleanor Roosevelt

The essence of spiritual life is to simply use our free will properly.

Radhanath Swami

You are given free will, the freedom to choose, the freedom to deny, the freedom to deceive yourself and others, the freedom to believe whatever you want, to imagine whatever you want, to think of God and reality in any way you want, or not at all. You have this freedom.



Naturalopist

In this fast paced world it is too frequently the case that people accept what society, family members and the authorities, whom nobody ever seems to question, believe regarding how to live their lives. And yet, the happiest people I know have been those who have accepted the primary responsibility for their own spiritual and physical well-being—those who have inner strength, courage, determination, common sense and faith in the process of creating more balanced and satisfying lives for themselves.

Ann Wigmore

The forbearance of that action, consequent to such command of the mind, is called voluntary, and whatsoever action is performed without such a thought of the mind is called involuntary.

John Locke

Life is the sum of all your choices.

Albert Camus

All theory is against free will; all experience is for it.

Samuel Johnson

FOR THE NEW INTELLECTUAL

To think is an act of choice. The key to what you so recklessly call “human nature,” the open secret you live with, yet dread to name, is the fact that man is a being of volitional consciousness. Reason does not work automatically; thinking is not a mechanical process; the connections of logic are not made by instinct.

The function of your stomach, lungs or heart is automatic; the function of your mind is not. In any hour and issue of your life, you are free to think or to evade that effort. But you are not free to escape from your nature, from the fact that reason is your means of survival—so that for you, who are a human being, the question “to be or not to be” is the question “to think or not to think.”

A being of volitional consciousness has no automatic course of behavior. He needs a code of values to guide his actions.

Ayn Rand

CHOICE

choice

alternative, option

1. The freedom to choose as to how one should act.

2. The act of choosing from several alternatives.

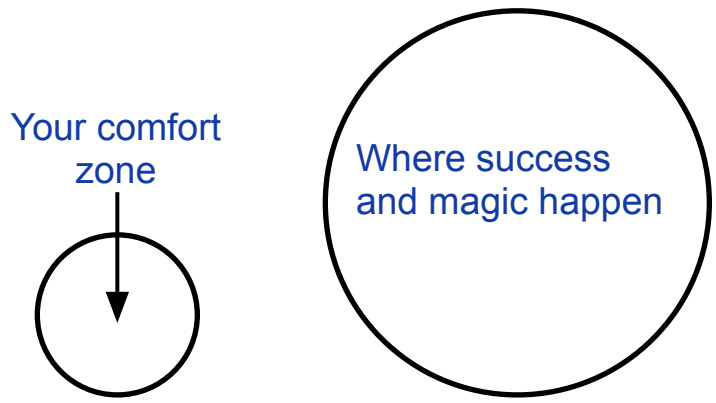
In an ideal world, our decision-making criteria would revolve the following questions:

- will it make me a better person?
- will it empower my community?
- will it result in good karma?

If the answer is “no” to any question, then it’s also “no” to the other two. For example, choices that make us a better person will also empower the community and result in good karma. The question is, “Why do some people make lousy choices in life?” Not just one but a series of awful choices.

Many of our choices are constrained by past patterns of behavior. It has been estimated that we are only 10% aware of what we do—the mind is roughly 10% conscious and 90% subconscious. We are most easily influenced as pre-teens and by the time we reach thirteen, organized religion and mass media have sunk their fangs into our mind, shaping our evolving perspective. There are the tooth fairy, bogeyman, Santa Claus, Jesus Christ, angels, demons, god, hell, heaven, and every imaginable fairy tale and mythology to shape our thoughts and behavior. In order to explain how the world works, we were told everything except the truth. Some members of our family and social circle reinforce the nonsense by regurgitating the propaganda of organized religion and mass media. Unaware, we eventually fall into an intellectual comfort zone. And there we stay until enlightenment opens us to other choices.

As an enlightened adult, we have to unlearn the miseducation of our youth and break free of the imposed comfort zone. All the hogwash we were fed affected our decision making process—the limited choices that we perceived were available to us. To unleash the captive mind, we need to step out of the comfort zone (some call it an intellectual prison).



This comfort zone has been confined by the past, organized religion, and mass media. To break out of it, we need to make choices that:

- promote self-education
- quiet the mind
- nourish the body
- brighten the spirit
- enhance relationships
- add to our creativity and passion

Life didn't come with a manual. Life is a learning process. We make mistakes, we are not sinners. The better choices we make, the higher our quality of life.

We can let the circumstances of our lives harden us so what we become increasingly resentful and afraid, or we can let them soften us, and make us kinder. You always have the choice.

Dalai Lama XIV

You are not stuck! You can change your thoughts, you can change your habits, and you can change your circumstances.

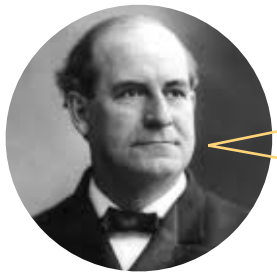
Chris Freytag

Don’t be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better.

Ralph Waldo Emerson

Your choice of people to associate with, both personally and business-wise, is one of the most important choices you make. If you associate with turkeys, you will never fly with the eagles.

Brian Tracy



Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

William J. Bryan

You have the power to choose your moods and control your feelings. Your mind controls your world as you see it.

Shadonna Richards

You are the person who has to decide. Whether you'll do it or toss it aside; You are the person who makes up your mind. Whether you'll lead or will linger behind. Whether you'll try for the goal that's afar. Or just be contented to stay where you are.

J.K. Rowling

The grass isn’t greener on the other side. It’s greener where you water it.

Naturalopist

Any any moment, you have a choice, that either leads you closer to your spirit or further away from it.

Thich Nhat Hanh

When you belief in yourself and are comfortable in your own skin, you need no one to validate your decisions. You will seek their advice but not validation. If you need people to affirm or validate your decisions, then they're probably the wrong decisions.

Trung Nguyen

I choose to live my life by choice, not by chance; to be motivated, not manipulated; I choose to listen to my inner voice, not the random opinion of others.

I choose to be ME.

BE
YOU

Naturalopist

You always have a choice. It's just that some people make the wrong one.

Nicholas Sparks

It’s not what happens to you, but how you react to it that matters.

Epictetus

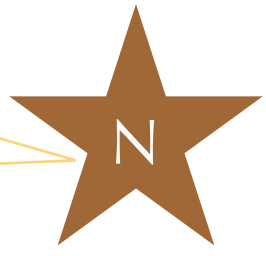
You’ve got to make a conscious choice every day to shed the old–whatever “the old” means for you.

Sarah Ban Breathnach

We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are.

J.K. Rowling

We are not given a good life or a bad life. We are given a life. It’s up to us to make it good or bad.



Naturalopist

I am not what happened to me, I am what I choose to become.

Carl Jung

To move forward in life, admit to our past mistakes. Once we accept responsibility a burden is lifted and other choices become available.

Naturalopist

We are our choices.

Jean-Paul Sartre

Whatever you decide to do, make sure it makes you happy.

Naturalopist

Life has unequivocally demonstrated that we are the product of the choices we have made. Our genes and upbringing can be overridden by a nutritious diet, daily meditation, and new habits.

Naturalopist

Heroes are made by the paths they choose, not the powers they are graced with.

Brodi Ashton

It's not hard to make decisions when you know what your values are.

Roy Disney

Everyone has choices to make; no one has the right to take those choices away from us. Not even out of love.

Cassandra Clare

In any given moment we have two options: to step forward into growth or to step back into safety.

Abraham Maslow

The right choice is hardly ever the easy choice.

Rick Riordan

When we find inspiration, we need to take action for ourselves and for our communities. Even if it means making a hard choice, or cutting out something and leaving it in your past.

Aron Ralston

Life presents many choices, the choices we make determine our future.

Catherine Pulsifer

Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.

Wayne Dyer

We all need to decide whether to “play it safe” in life and worry about the downside, or instead take a chance, by being who we really are and living the life our heart desires. Which choice are you making?

Charlie Badenhop

Life is a choice—as is how you handle the pitfalls along its bumpy road.

Julie Donner Andersen

The reason man may become the master of his own destiny is because he has the power to influence his own subconscious mind.

Napoleon Hill

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

Denis Waitley

You always do what you want to do. This is true with every act. You may say that you had to do something, or that you were forced to, but actually, whatever you do, you do by choice. Only you have the power to choose for yourself.

W. Clement Stone

You don't have to buy from anyone. You don't have to work at any particular job. You don't have to participate in any given relationship. You can choose.

Harry Browne

The remarkable thing we have is a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

Charles Swindoll

The choices you make now, the people you surround yourself with, they all have the potential to affect your life, even who you are, forever.

Sarah Dessen

You are everything that is, your thoughts, your life, your dreams come true. You are everything you choose to be. You are as unlimited as the endless universe.

Shad Helmstetter

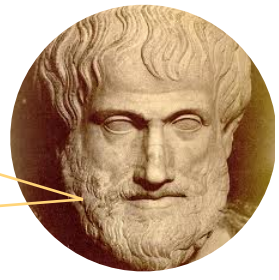
How you react to situations is your personal choice. It is your decision, and yours alone, to determine the importance you give to any situation.

Catherine Pulsifer

And if I may be so bold to offer my last piece of advice for someone seeking and needing to make changes in their life. If you don't like how things are, change it! You're not a tree. You have the ability to totally transform every area in your life—and it all begins with your very own power of choice.

Jim Rohn

Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives—choice, not chance, determines your destiny.



Aristotle

We design our lives through the power of choices.

Richard Bach

Every choice has a consequence and is cumulative. We make our choices, then our karma is the result of those choices.

Trung Nguyen

If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life.

Abraham Maslow

THE BEAUTIFUL TRUTH

For each of us, eventually whether we're ready or not, someday it will come to an end. There will be no more sunrises, no minutes, hours, or days. All the things you collected, whether treasured or forgotten will pass to someone else. Your wealth, fame and temporal power will shrivel to irrelevance. It will not matter what you owned or owed.

Your grudges, resentments, frustrations, and jealousies will finally disappear. So too, your hopes, ambitions, plans and to-do lists will expire. The wins and losses that once seemed so important will fade away. It won't matter where you came from or what side of the tracks you lived at the end. It won't matter if you're beautiful or brilliant. Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days will be measured? What will matter is not what you've bought but what you've built, not what you got but what you gave.

What will matter is not your success but your significance. What will matter is not what you've learned but what you've taught.

What will matter is every act of integrity, compassion, courage, and sacrifice that enriched and empowered or encouraged others to emulate your example.

What will matter is not your competence but your character. What will matter is not how many people you knew but how many will feel a lasting loss when you're gone.

What will matter is not your memories but the memories that live with those who love you.

A life lived that matters is not of circumstance but of choice.

Max Gerson

I CHOOSE

I choose to live by choice, not by chance
to make changes, not excuses
to be motivated, not manipulated
to be useful, not used
to excel, not compete
I choose self-esteem, not self-pity
I choose to listen to my inner voice, not the random opinion of others

MIND

mind

mentality, consciousness, thought, cognizance, intellect, reasoning, creativity

1. A person's accumulated awareness that directs their mental, emotional, and physical behavior.

2. The ability to remember and to focus on thoughts; to pay attention to.

3. The ethereal part of the brain that manifests in memory, thought, intellect, reasoning, and imagination.

Before anything is manifested in the physical world, it must first be birthed in the mind. Our mind is a world of its own. It is within the mental constructs of the mind that we think, dream, plan, and organize perceptions.

The brain-mind connection is Nature's most complex creation. An apt analogy of the brain-mind relationship is a computer, which includes the hardware (brain) and the software (mind). The same computer can perform different functions depending on the software that is installed in it—some software slow down the computer, while others increase its performance. It all depends on the instructions coded in the installed software, or what we feed it (GIGO—garbage in, garbage out). Many people's computers are infested with pre-installed malware: virus (organized religion), worm (corporate advertising), spyware (government intrusion), and trojan horse (false friends). For these people, new hardware and a precautionary hard disk format should be performed before installing new software. For others, a software update is sufficient.

The human brain-mind combo works similar to the computer hardware-software combo. If we want the ultimate user experience and peak performance, we need to upgrade the hardware and software—we need to upgrade our brain and mind.

First, we need to upgrade the hardware. We need to build a robust brain (hardware) by eating copious amounts of fruits, vegetables, and other brain foods. For example, nuts, seafood, berries. green tea, leafy greens are several foods that enhance brain function. If our mind is telling our brain to perform a function and the brain won't obey, it is because the brain doesn't have the necessary nutrients (power, muscle, raw material) to carry out the instruction. There is a disconnect between the brain and mind—the belly rules the mind. A nutritious diet and physical exercise nourish the brain so it can execute the instructions of the mind.

Second, we need to update the software (the mind). We need to reprogram our mind through visualization, meditation, or NLP (neuro-linguistic programming). Note that visualization and meditation are different techniques for training the mind. Visualization actively engages the mind, whereby meditation releases the mind from all activities so whatever is important surfaces. Another proven method to train the mind is a psychotherapy called CBT (cognitive behavior therapy). The tools of visualization, meditation, NLP, and CBT should be a sufficient a starting point to update or recode our software, the mind.

Remember, the mind can work against us or for us. When we upgrade our hardware (nourish our cells with nutritious food), we have the necessary components to run the latest software. However, if we install malware (negative thoughts), it will work against us; program it properly (positive attitude) and the mind will work for us.

All that we are is the result of what we have thought. The mind is everything.

What we think, we become.

Buddha

Until you make the subconscious conscious, it will direct your life and you will call it fate.

Carl Jung

Life is one big road with lots of signs. So when you’re riding through the ruts, don't complicate your mind. Flee from hate, mischief, and jealousy. Don't bury your thoughts, put your vision to reality. Wake up and live!

Bob Marley

Great minds have purposes, others have wishes.

Washington Irving

Action is the real measure of intelligence.

Napoleon Hill

Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

Swami Sivananda

To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear.

Buddha

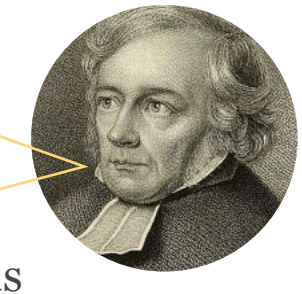
The inlet of a man's mind is what he learns; the outlet is what he accomplishes. If his mind is not fed by a continued supply of new ideas which he puts to work with purpose, and if there is no outlet in action, his mind becomes stagnant. Such a mind is a danger to the individual who owns it and is useless to the community.

Jeremiah W. Jenks

The mind is its own place, and in itself can make a heaven of Hell, a hell of Heaven.

John Milton

Only in a quiet mind is adequate perception of the world.



Hans Margolius

It is the mind that makes the body rich. There is no better sign of a brave mind than a hard hand.

William Shakespeare

A truly strong and sound mind is the mind that can equally embrace great things and small.

Samuel Johnson

Everything is created twice. First, in the mind, then in reality.

Robin Sharma

Man’s task is to become conscious of the contents that press upward from the unconscious.

Carl Jung

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

Buddha

Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.

Napoleon Hill

The spirit of the individual is determined by his dominating thought habits.

Bruce Lee

Iron rusts from disuse, stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.

Leonardo da Vinci

The mind is like the stomach. It is not how much you put into it that counts, but how much it digests.

Albert J. Nock

There is nothing so elastic as the human mind. The more we are obliged to do, the more we are able to accomplish.

Tryon Edwards

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

Rosa Parks

You might be poor, your shoes might be broken, but your mind is a palace.

Frank McCourt

The snake which cannot cast its skin has to die. As well the minds which are prevented from chang-ing their opinions; they cease to be mind.

Friedrich Nietzsche

The future you see is the future you get.

Robert G. Allen

The energy of the mind is the essence of life.

Aristotle

I found that when you start thinking and saying what you really want then your mind automatically shifts and pulls you in that direction. And sometimes it can be that simple, just a little twist in vocabulary that illustrates your attitude and philosophy.

Jim Rohn

Focus and visualize on what you want; do them every morning and before you sleep. You move in the direction of your most dominant thought. Obviously, you first have to know what it is that you want.

Trung Nguyen

Man's mind once stretched by a new idea, never regains its original dimension.

Oliver Wendell Holmes

What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds.

Wayne Dyer

You can chain me, you can torture me, you can even destroy this body, but you will never imprison my mind.

Mahatma Gandhi

Reading is to the mind what exercise is to the body.

Joseph Addison

Biology gives you a brain. Life turns it into a mind.

Jeffrey Eugenides

The monsters of the mind are far worse than those that actually exist. Fear, doubt, and hate have ham-strung more people than beasts ever have.

Christopher Paolini

There are but two powers in the world: the sword and the mind. In the long run the sword is always beaten by the mind.

Napoleon Bonaparte

Merely having an open mind is nothing. The object of opening the mind, as of opening the mouth, is to shut it again on something solid.

G.K. Chesterton

An open mind is all very well in its way, but it ought not to be so open that there is no keeping anything in or out of it. It should be capable of shutting its doors sometimes, or it may be found a little draughty.

Samuel Butler

We cannot employ the mind to advantage when we are filled with excessive food and drink.

Cicero

The best cure for a sluggish mind is to disturb its routine.

William H. Danforth

One reason why men and women lose their heads so often is that they use them so little! It is the same with everything. If we have anything that is valuable, it must be put to some sort of use. If a man's muscles are neglected, he soon has none, or rather none worth mentioning. The more the mind is used the more flexible it becomes, and the more it takes upon itself new interests.

George Matthew Adams

Nothing is at last sacred but the integrity of your own mind.

Ralph Waldo Emerson

A chief event of life is the day in which we have encountered a mind that startled us.

Ralph Waldo Emerson

A great mind is one that can forget or look beyond itself.

William Hazlitt

I will not let anyone walk through my mind with their dirty feet.

Mahatma Gandhi

A mind becomes a detriment when it acquires more intelligence than its integrity can handle.

Cullen Hightower

TAKE CONTROL OF YOUR MIND

Self-discipline, self-control, means taking possession of your own mind. You can generate enthusiasm by your thoughts, feelings, and emotions

The power of thought is the only thing which any human being has complete, unquestionable control. We have the power of self-determination, the ability to choose what our thoughts and actions will be. If you direct your thought and control your emotions, you will ordain your destiny. You can do it if you believe you can. Take charge of your life.

Remember, what your mind focuses upon, your mind brings into existence.

You are what you think!

Napoleon Hill

SELF

self

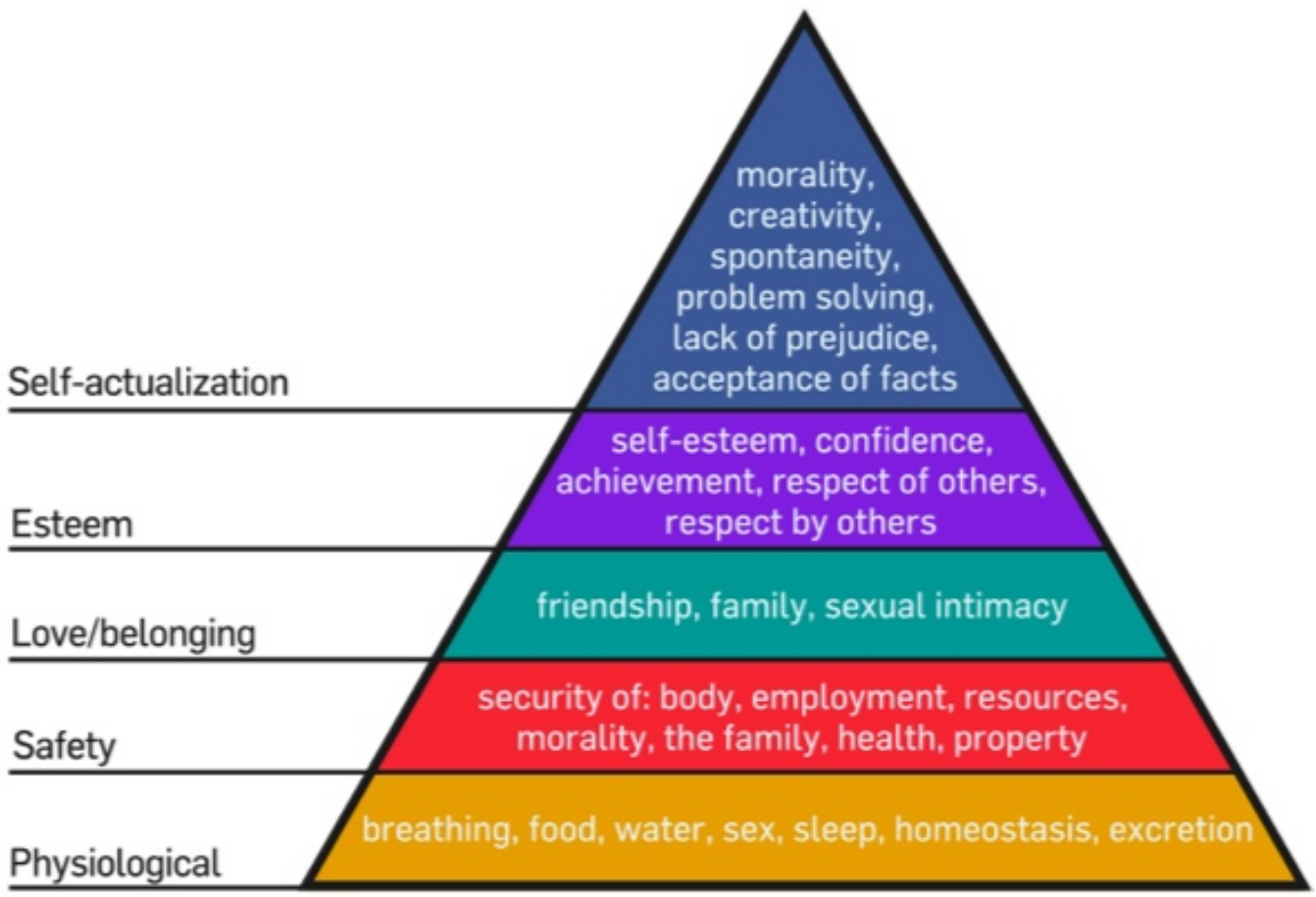
identify, individuality, uniqueness

1. A set of unique qualities that distinguishes oneself from another.

2. The distinct characteristics of a person that set them apart.

The Self is our unique identity. However, how much of it is shaped by the heart, ego, or society varies in each person. It could be argued that in a hyper-connected society with always-on social media, the Self in most people is shaped by the ego and society.

The stages of the Self are best illustrated by Maslow's Hierarchy of Needs. We start at the bottom with fundamental physiological needs and throughout life work hard to achieve our dreams. Unfortunately, many of us never get there due to the lack of self-believe.



The Self goes through many phases in life: self-hate, self-reflection, self-improvement, self-education, self-discovery, self-awareness, self-compassion, self-esteem, self-determination, self-reliance, self-love, self-mastery, and self-actualization.

The most difficult part of the Self is to accept itself—imperfections, mistakes, short-comings, failures, faults, and all. The inability to accept ourself results in building moats and walls that cut off healthy relationships and intimacy. When we feel the urge to build moats and walls to keep out others, remember that life didn't come with a manual; we make mistakes, we are not sinners. Life is a learning process.

Life is a learning process. We build ourself by moving up Maslow's Hierarchy of Needs one level at a time. If mistakes are made along the way, they're part of the learning process. We accept what is dealt to us and keep going until we reach the pinnacle of Self: Self-actualization.

Believe in yourSELF.

Anyone can plot a course with a map or compass; but without a sense of who you are, you will never know if you're already home.

Shannon L. Alder

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen!

Elisabeth Kübler-Ross

What is necessary to change a person is to change the awareness of himself or herself.

Abraham Maslow

The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else.

E. E. Cummings

What a person can be, he or she must be. This need we call self-actualization.

Abraham Maslow

The unexamined life is not worth living.

Socrates

The key to the universe lies dormant within the self, waiting to awaken through self-discovery.

Taejoon Lee

Remember always that you not only have the right to be an individual, you have an obligation to be one.

Eleanor Roosevelt

Man cannot remake himself without suffering, for he is both the marble and the sculptor.

Alexis Carrel

Always be yourself, express yourself, have faith in yourself. Do not go out and look for a successful personality to duplicate.

Bruce Lee

Do you want to know who you are? Don’t ask. Act! Action will delineate and define you.

Thomas Jefferson

My willingness to be intimate with my own deep feelings creates the space for intimacy with another.

Shakti Gawain

Knowing yourself is the beginning of all wisdom.

Aristotle

We meet ourselves time and time again in a thousand disguises on the path of life.

Carl Jung

Can you remember who you were before the world told you who you should be?

Danielle LaPorte

The best way to find yourself is to lose yourself in the service of others.

Mahatma Gandhi

Growth begins when we start to accept our own weakness.

Jean Vanier

We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light.

Mary Dunbar

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within.

Elisabeth Kübler-Ross

She lacks confidence, she craves admiration insatiably. She lives on the reflections of herself in the eyes of others. She does not dare to be herself.

Anais Nin

We don't realize that, somewhere within us all, there does exist a supreme self who is eternally at peace.

Elizabeth Gilbert

To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.

Thich Nhat Hanh

Don’t wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.

Mark Victor Hansen

I’ve finally stopped running away from myself. Who else is there better to be?

Golden Hawn

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven, or hell.

Buddha

You are your own judge. The verdict is up to you.

Astrid Alauda

Loving yourself does not mean being self-absorbed or narcissistic, or disregarding others. Rather it means welcoming yourself as the most honored guest in your own heart, a guest worthy of respect, a lovable companion.

Margo Anand

The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you.

William Jennings Bryan

There is nothing noble about being superior to some other man. The true nobility is in being superior to your previous self.

Hindu Proverb

The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too.

Ernest Hemingway

We are taught you must blame your father, your sisters, your brothers, the school, the teachers—but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change you're the one who has got to change.

Katharine Hepburn

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Ralph Waldo Emerson

What I'm looking for is not out there, it is in me.

Helen Keller

If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now and when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong.

Masaru Emoto

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

Rumi

Henry Van Dyke

Self is the only prison that can ever bind the soul.

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

Golda Meir

There are at least two kinds of cowards. One kind always lives with himself, afraid to face the world. The other kind lives with the world, afraid to face himself.

Roscoe Snowden

One important key to success is self-confidence.
An important key to self-confidence is preparation.

Arthur Ashe

Self-destruction is the effect of cowardice in the highest extreme.

Daniel Defoe

The courage to be is the courage to accept oneself, in spite of being unacceptable.

Paul Tillich

Low self-confidence isn't a life sentence. Self-confidence can be learned, practiced, and mastered—just like any other skill. Once you master it, everything in your life will change for the better.

Barrie Davenport

Argue for your limitations and, sure enough, they're yours.

Richard Bach

Talk to yourself like you would to someone you love.

Brene Brown

Who looks outside, dreams;
who looks inside, awakes.

Carl Jung

If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.

Barbara De Angelis

To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now.

Alan Cohen

Your soul is all that you possess. Take it in hand and make something of it!

Martin H. Fischer

You have the answer. Just get quiet enough to hear it.

Pat Obuchowski

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.

E. E. Cummings

I love myself for I am a beloved child of the universe and the universe lovingly takes care of me now.

Louise Hay

You yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

Freeing yourself was one thing, claiming ownership of that freed self was another.

Toni Morrison

We have to dare to be ourselves, however frightening or strange that self may prove to be.

May Sarton

The Self is a battle between the heart and the ego, or good and evil. It can take years of reading conflicting ideologies and practice to form the mindset best suited for our personality and experience.

Trung Nguyen

This above all: to thine own self be true.

William Shakespeare

A house is not a home unless it contains food and fire for the mind as well as the body.

Benjamin Franklin

We know that when people are safe in their homes, they are free to pursue their dream for a brighter economic future for themselves and their families.

George Pataki

Home is where the heart is because it's where our sense of self first developed. If our self-esteem is low due to a broken home, then the self must be reclaimed through self-education.

Naturalopist

There is nothing more important than a good, safe, secure home.

Rosalynn Carter

I think you travel to search and you come back home to find yourself there.

Chimamanda Ngozi Adichie

The struggle with the Self is the battle between the conscious mind and the subconscious mind. All the issues holding us back are buried in the subconscious. They need to be dug out, examined, and polished.

Trung Nguyen

Don't worry about finding your soul mate. Find yourself.

Jason Evert

You never find yourself until you face the truth.

Pearl Bailey

THE ROAD NOT TAKEN

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Robert Frost

PRECEPT 2

KARMA

karma

act, deed, truth, consequence, reckoning, balance

1. A force or law of nature which causes one to reap what one sows.

2. The sum total of a person's actions, which determine whether the person will be rewarded or punished.

3. The cause and effect of a thought or deed.

The Universe is a structure of balance. It is comprised of elaborate systems of equilibrium, from the quantum to the cosmos. There are particles and antiparticles; matter and anti-matter; mass and energy. Since humans are made of molecules, atoms, protons, electrons, neutrons, quarks and gluons, and so forth, we are a part of the Universe's structure of balance. For us, this equilibrium is maintained by Karma—the universal law of cause and effect.

There are many phrases and descriptions for karma:

- Balancing force of the universe
- Cosmic justice
- What goes around comes around
- Blowback
- Universal balancing law
- You get what you earn
- Spiritual debt or spiritual reward
- Day of reckoning
- You reap what you sow
- Chickens coming home to roost
- Universal law of cause and effect

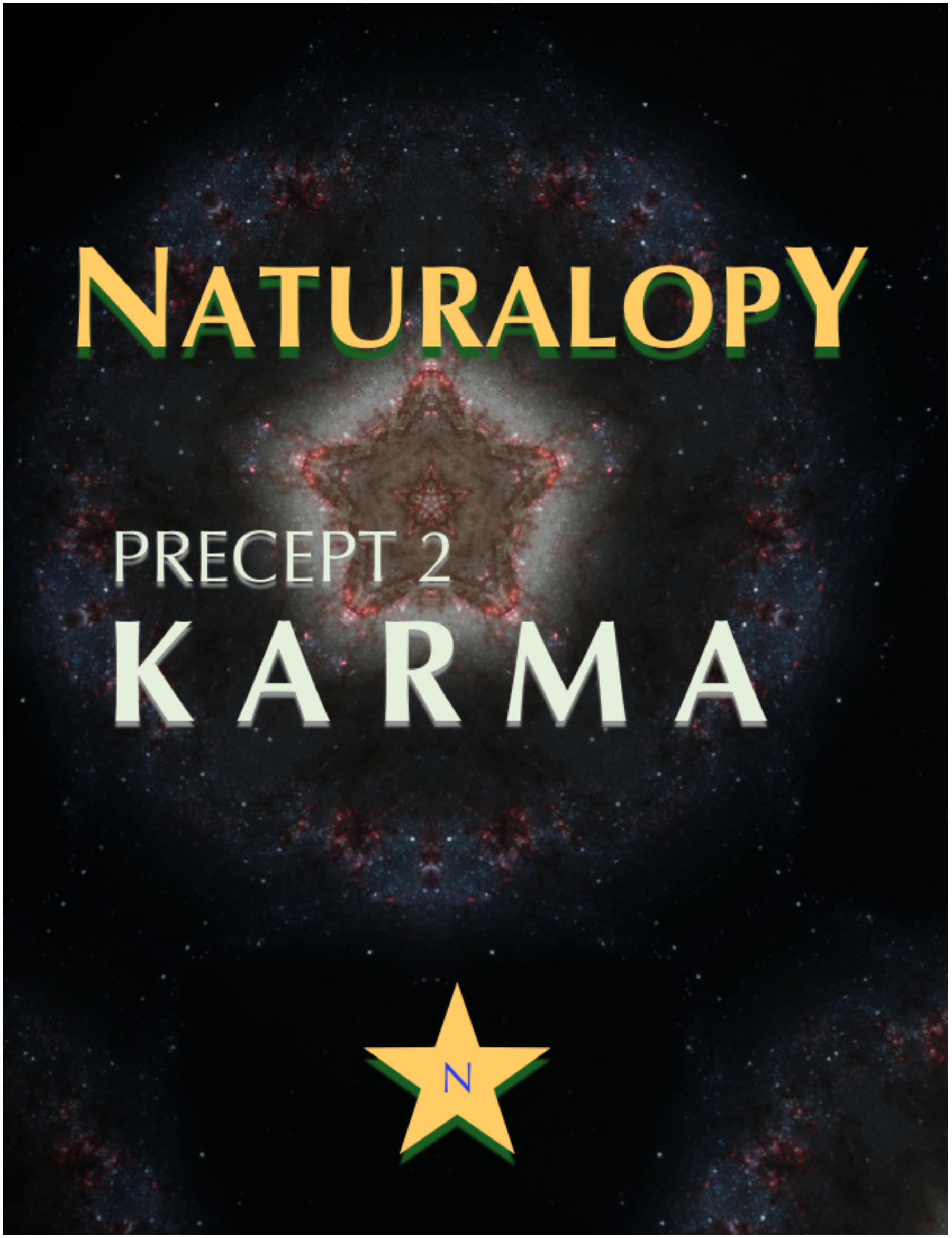
Unskillful karma results in suffering, and skillful karma results in nirvana. Unskillful karma means that we have committed wrongdoing or evil; made the wrong choices, or our that karmic debt was passed down to us from relationship or kin, in which case the chain of cause and effect must be broken by us through continuous good deeds. On the other side of the cosmic scale, skillful karma is the result of right thinking, right seeing, right hearing, right talking, and right doing.

The most apt description of karma is attributed to Helena Blavatsky:

"Karma is the Ultimate Law of the Universe, the source, origin and fount of all other laws which exist throughout Nature. It is the unerring law which adjusts effect to cause on the physical, mental and spiritual planes of being. As no cause remains without its due effect from greatest to least, from a cosmic disturbance down to the movement of your hand, and as like produces like, Karma is that unseen and unknown law which adjusts wisely, intelligently and equitably each effect to its cause, tracing the latter back to its producer."

Karma delayed is not karma denied, so be patient. With unskillful karma, the returned misdeed may be multiplied and magnified depending on the severity of the deed and the time it took karma to take effect. With skillful karma, the reward is nirvana: the avoidance of suffering, peace of mind, and freedom from attachment and desire.

As an enlightened person, we create our own karma.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The game of life is the game of boomerangs. Our thoughts, deeds, and words return to us sooner or later, with astounding accuracy.

Florence Scovel Shinn

Like gravity, karma is so basic we often don't even notice it.

Sakyong Mipham

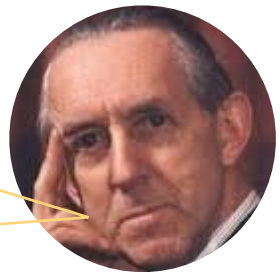
Karma comes after everyone eventually. You can't get away with screwing people over your whole life, I don't care who you are. What goes around comes around. That's how it works. Sooner or later the universe will serve you the revenge that you deserve.

Jessica Brody

There is a destiny that makes us brothers: none goes his way alone, all that we send into the lives of others comes back into our own.

Edwin Markham

For the keynote of the law of Karma is equilibrium, and Nature is always working to restore that equilibrium whenever through man's acts it is disturbed.



Christmas Humphreys

Karma is the record of services. Karma is the term used in Buddhist teaching. Taoists use the term “te.” Christians us the term “deed.” Many other spiritual beings use the term “virtue.” Karma, te, deed, and virtue are the same thing but in different words. To understand karma is to understand all of these words.

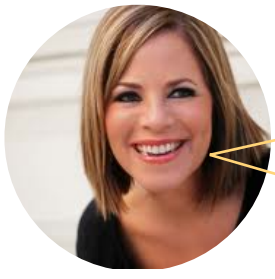
Zhi Gang Sha

J.P. Vaswani

Debts that must be paid, that sums up the concept of karma. But I would add that karma is not a burden that you have to carry. It is also an opportunity to learn, a chance to practice love and forgiveness, a chance to learn lessons that are valuable to us. Karma offers us the chance to wipe our dirty slate clean, to erase the wrong doings of the past.

Hindu Teacher

Karma is our teacher. It teaches us to refine our behavior—hopefully sooner rather than later. One way to tell a young soul from an old soul is to observe how quickly he learns karma's lessons in life.

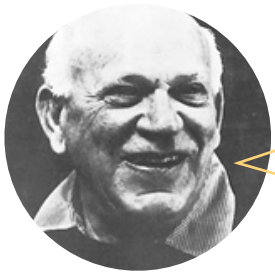


You can't escape karma. It is what it is. It doesn't judge, it's neither good nor bad like most people think. It's the result of all the actions, positive and negative, a constant balancing act of events, cause and effect, tit for tat, reaping and sowing, what goes around comes around. However you phrase it, it's the same in the end.

Alyson Noel

Every action of our lives touches on some chord that will vibrate in eternity.

Edwin Hubble



The remarkable thing is that we really love our neighbor as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. We are prone to sacrifice others when we are ready to sacrifice ourselves.

Eric Hoffer

The law of karma is the principle of cosmic justice that holds that all good actions will be rewarded and that all wicked actions will be punished. Sometime. Somehow. Somewhere.

Chanju Mun

Do unto others what you would have them do unto you.

Confucius

The good among the great understand that every choice we make adds to the strength or weakness of our spirits—ourselves, or to use an old fashioned word for the same idea, our souls. That is every human's life work: to construct an identity bit by bit, to walk a path step by step, to live a life that is worthy of something higher, lighter, more fulfilling, and maybe even everlasting.

Donald Van de Mark

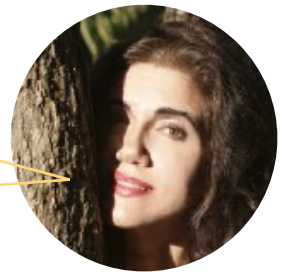
Karma sees everything. People who create their own drama, deserve their own karma. Karma does not forget, forgive, and it has no deadline.

Naturalopist

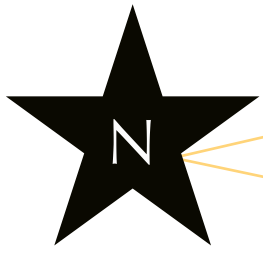
Rick Riordan

Strange things conspire when one tries to cheat karma.

This is your karma. You do not understand now, but you will understand later. The source of pain is within your own larger expression of being.



H. RavenRose



What goes around comes around. When you do bad things, bad things happen to you. When you do good things, good things happen to you.

Naturalopist

The person whose mind is always free from attachment, who has subdued the mind and senses, and who is free from desires, attains the supreme perfection of freedom from Karma through renunciation.

Bhagavad Gita

Kathleen Brooks

But, mark my words; someday she'll get what's coming to her. Karma's a bigger bitch than she is.

Zig Ziglar

Life is an echo. What you send out comes back. What you sow, you reap. What you give, you get. What you see in others exists in you.

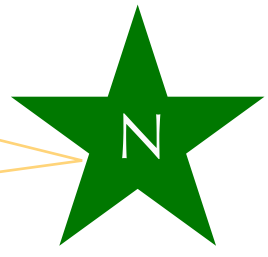
We are here to awaken from the illusion of our separateness.

Thich Nhat Hanh

Situations seem to happen to people, but in reality, they unfold from deeper karmic causes. The universe unfolds to itself, bringing to bear any cause that needs to be included. Don't take this process personally. The working out of cause and effect is eternal. You are part of this rising and falling that never ends, and only by riding the wave can you ensure that the waves don't drown you. The ego takes everything personally, leaving no room for higher guidance or purpose. If you can, realize that a cosmic plan is unfolding and appreciate the incredibly woven tapestry for what it is, a design of unparalleled marvel.

Deepak Chopra

Do good. And good will come to you.

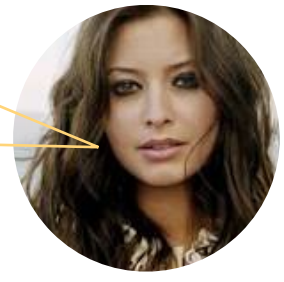


Naturalopist

Karma moves in two directions. If we act virtuously, the seed we plant will result in happiness. If we act non-virtuously, suffering results.

Sakyong Mipham

I never kill insects. If I see ants or spiders in the room, I pick them up and take them outside. Karma is everything.



Holly Valance

Karma, ahhh. We sow what we reap. We reap what we sow! We reap what we sow. The law of cause and effect. And we are all under this law. As long as karma exists, the world changes. There will always be karma to be taken care of.

Nina Hagen

I believe in Karma. If the good is sown, the good is collected. When positive things are made, that returns well.

Yannick Noah

The holistic doctrine of Karma gives us a reason for everything and everything for a reason. Karma, as a philosophy, maintains hope in the midst of hopelessness and provides us with the courage to continue our personal evolution.

Jonn Mumford

Violence does, in truth, recoil upon the violent, and the schemer falls into the pit which he digs for another.

Arthur Conan Doyle

Karma is not fate, for man acts with free will, creating his own destiny. The Vedas tell us, if we sow goodness, we will reap goodness; if we sow evil, we will reap evil. Karma refers to the totality of our actions and their concomitant reactions in this and previous lives, all of which determine our future.

Satguru Sivaya Subramuniyaswami

Don’t waste your time on revenge. Those who hurt you will eventually face their own karma.

Naturalopist

Karma isn't fate. Nor is it a punishment imposed on us by some external agent. We create our own karma. Karma is the result of the choices that we make every moment of every day.

Tulku Thondup

Forgive the person and their actions, never give in to hate, let it go, set it free, and karma will take care of what is meant to be.

Naturalopist

Once you awaken, you will have no interest in judging those who sleep.

James Blanchard

Karma's a bitch with a broken heart. But she wears a smile on her face because she's the queen of revenge.

Sandra Golden

Naturalopist

No need for revenge. Just sit back and wait. Those who hurt you will eventually screw up themselves, no one escapes karma. If you're lucky, you'll get to watch.

I believe in luck and fate and I believe in karma, that the energy you put out in the world comes back to meet you.

Chris Pine

Such is the moral construction of the world that no national crime passes unpunished in the long run. Were present oppressors to reflect on the same truth, they would spare to their own countries the penalties on their present wrongs which will be inflicted on them in future times. The seeds of hatred and revenge which they sow with a large hand will not fail to produce their fruits in time. Like their brother robbers on the highway, they suppose the escape of the moment a final escape and deem infamy and future risk countervailed by present gain.

Thomas Jefferson

How people treat you is their karma.
How you respond is your karma.

Wayne Dyer

Realize that everything connects to everything else.

Leonardo da Vinci

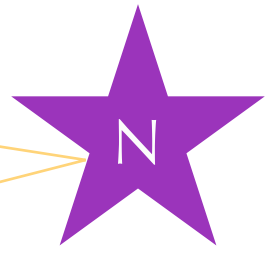
A person is born alone and dies alone; and they experience the good and bad consequences of their karma alone.

Chanakya

I would never disrespect any man, woman, chick or child out there. We're all the same. What goes around comes around, and karma kicks us all in the butt at the end of the day.

Angie Stone

Welcome to the karma cafe. There are no menus.
You will get served what you deserve.



Naturalopist

I'm a true believer in karma. You get what you give, whether it's bad or good.

Sandra Bullock

I'm a great believer in karma, and the vengeance that it serves up to those who are deliberately mean is generally enough for me.

Beth Ditto

Steve Jobs

You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

When someone has a strong intuitive connection, Buddhism suggests that it's because of karma, some past connection.

Richard Gere

On life's journey faith is nourishment, virtuous deeds are a shelter, wisdom is the light by day and right mindfulness is the protection by night. If a man lives a pure life, nothing can destroy him.

Buddha

You don't understand Universal Law, man, what you throw out comes back to you. The stars never underestimate those you scar because karma, karma, karma comes back to you.

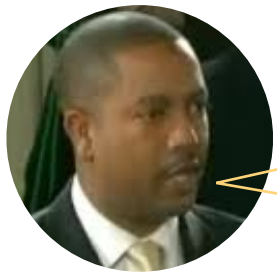
Lauryn Hill

Karma is the law of moral causation in Buddhist philosophy which holds that “for every event that occurs, there will follow another event whose existence was caused by the first, and this second event will be pleasant or unpleasant according as its cause was skillful or unskillful.”

Buddhist Scripture

If I am to be true to myself and all my flaws, I have to accept the fact that I may have to repay my Karmic debt. I'm not that good of a person, yet.

Naturalopist



Karma is not something you can control, something you can turn on and off. It's not what you do; it's who you are. Karma extends throughout our entire life experience. If you are pleasant and give off positive energy, others will pick on that, and feed off that. If you're a grouch who is always upset, always complaining, always wishing for something to be different, be better, then you will for the rest of your life find yourself in situations that could be different, be better. You will never be satisfied, just frustrated and angry.

Kevin Chappell

The burden of Karma is heavy. All alike have heavy debts to pay. Yet none, so the Wisdom teaches, is ever faced with more than he can bear. Whether or not we can grin, we must bear it, and it is folly to attempt to run away.

Christmas Humphreys

Your believing or not believing in karma has no effect on its existence, nor on its consequences to you. Just as a refusal to believe in the ocean would not prevent you from drowning.

F. Paul Wilson

Zhi Gang Sha

Karma is the root cause of success and failure in every aspect of life.

Alyson Noel

While we may judge things as good or bad, karma doesn't. It's a simple case of like gets like, the ultimate balancing act, nothing more, nothing less. And if you're determined to fix every situation you deem as bad, or difficult, or somehow unsavory, then you rob the person of their own chance to fix it, learn from it, or even grow from it. Some things, no matter how painful, happen for a reason. A reason you or I may not be able to grasp at first sight, not without knowing a person's entire life story—their cumulative past. And to just barge in and interfere, no matter how well-intentioned, would be akin to robbing them of their journey. Something that's better not done.

Karma is not something pessimistic. If you think of karma as something wrong, you are seeing karma only according to what happened in the past. You look at the past and karma becomes a monster. So you should also look at karma in the present and future. Then karma becomes something very wide and really alive. Through karma you can understand what your destiny is. Destiny itself has no solid form; it's something you can create. You can create your life. That is why we study karma.

Dainin Katagiri

Bad karma is the spiritual debt one has accumulated for one's mistakes from all previous lives and this life. It includes killing, harming, taking advantage, cheating, stealing, and more. On Mother Earth, when you buy a house, you take out a mortgage from a bank. This mortgage is your debt to the bank. You pay every month for fifteen, twenty, or thirty years to clear your financial debt. In the spiritual realm, if you have bad karma, you may have to pay for many lifetimes to clear your spiritual debt.

Zhi Gang Sha

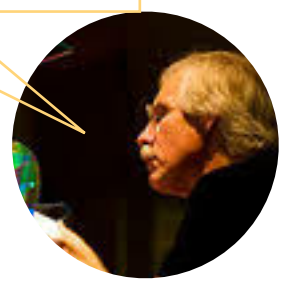
Karma is a key that we may use to organize our lives, rather than endlessly agonizing over the seemingly unexplainable and often unexpected events forming the fabric of our lives. Karma is not about fate, fatalism, or destiny; nothing is pre-ordained—rather everything is a sequential happening emerging logically from antecedents. Karma is a way of viewing existence that brings about a harmony of both fatalism and free will, resulting in increased mental health and self-responsibility.

Jonn Mumford

As no cause remains without its due effect from greatest to least, from a cosmic disturbance down to the movement of your hand, and as like produces like, Karma is that unseen and unknown law which adjusts wisely, intelligently, and equitably each effect to its cause, tracing the latter back to its producer.

Helena P. Blavatsky

Karma is one of those topics that many people know a little about, but it is often more complex than most people realize. The second law of thermodynamics is that for every action there is an equal and opposite reaction. On the universal scale, this is the law of karma. The law of karma basically states that every action has a reaction and whatever you do to others will later return to you, either in this life or a future life. Furthermore, ignorance of the law is no excuse. We are still accountable for everything we do, regardless of whether we understand it or not. We cannot escape it, even if we do not believe it. Therefore, the best thing is to learn how it works. If everyone understood the law of karma, we would all be living a happier life in a brighter world.



Stephen Knapp

KARMA IN NATURE

When a bird is alive, it eats ants.
When the bird has died, ants eat it.

One tree can be made into a million matchsticks.
But only one matchstick is needed to burn a million trees.

Circumstances can change at any time.
Don’t devalue or hurt anyone in this life.

You may be powerful today but time is more powerful than you!

PRECEPT 3

SIMPLICITY

simplicity

clearness, simple, unassuming, plainness, efficiency

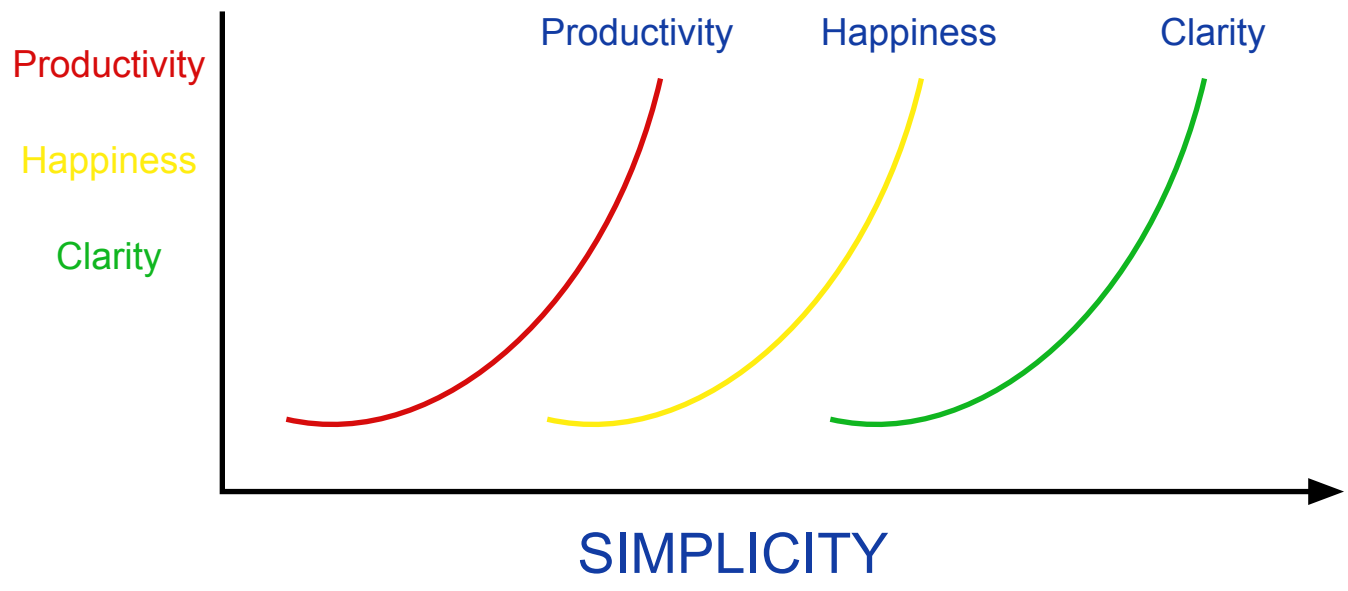
1. The condition of being simple, in possession of only the essentials.

2. The state of being not complex; free of complication or abstruseness.

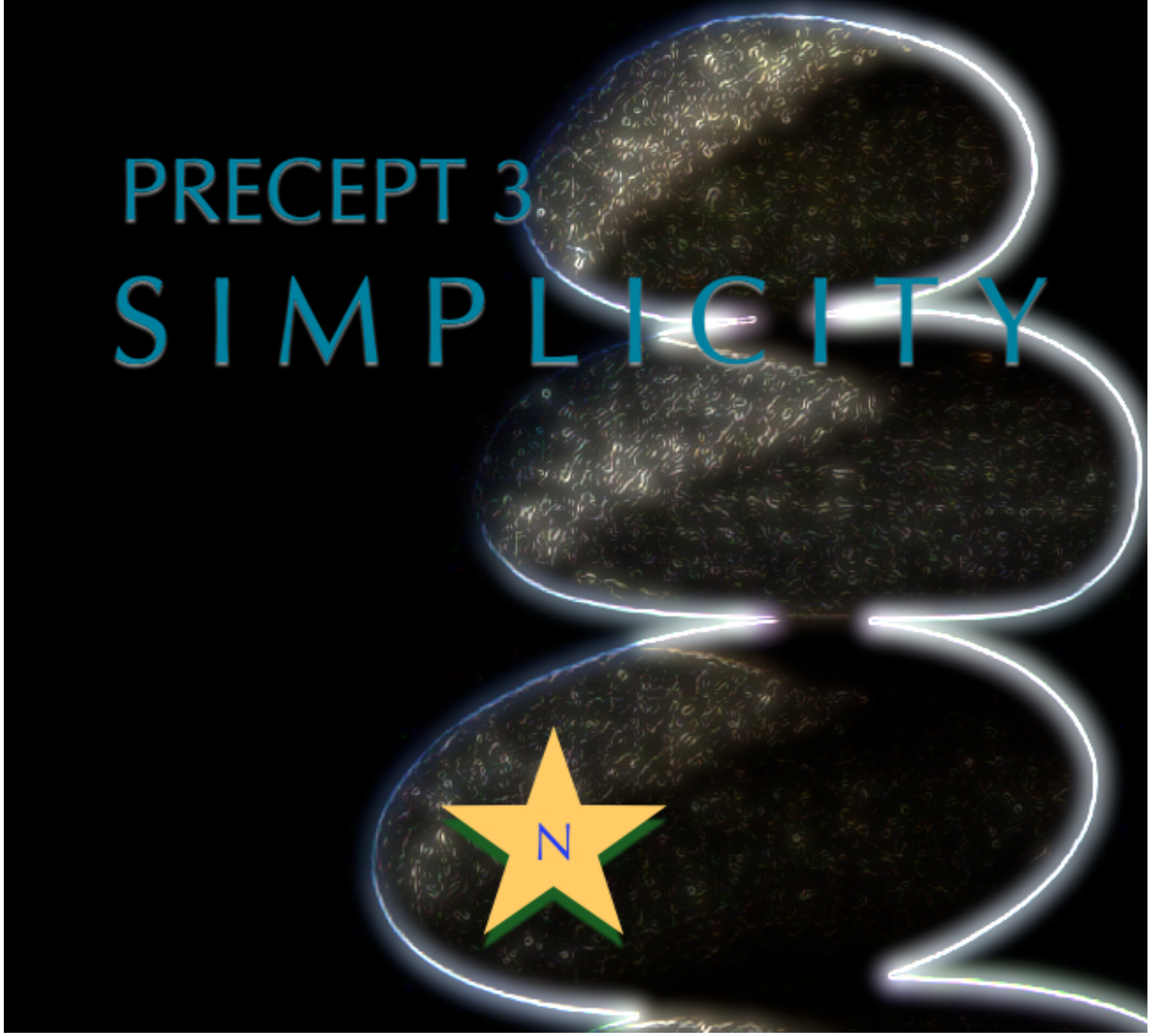
A place to call home, nutritious food, engaging work and hobbies, someone to love, and good company are the essential needs of life. Our ego complicates life by adding wants, most of which have no spiritual value.

We live in an over-connected society, bombarded with frivolous information. Every company has an idea of what we should own and how we should live. Save for the farmers and home builders, most everyone else is selling us the latest wants.

When we differentiate between needs and wants, our life is simplified. With a simple lifestyle, our productivity, happiness, and clarity all increase.



NATURALOPY



Life is really simple, but we insist on making it complicated.

Confucius

Simple can be harder than complex. You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.

Steve Jobs

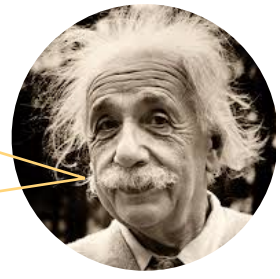
All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope.

Winston Churchill

Happiness is hidden in simplicity—it’s the ego that loves the complexity.

Simona Rich

If you can't explain it to a six year old, you don't understand it yourself.



Albert Einstein

I’m just a simple guy, I live from day to day. A ray of sunshine melts my frown and blows my blues away.

Jimmy Page

Progress is man’s ability to complicate simplicity.

Thor Heyerdahl

I believe all complicated phenomena can be explained by simpler scientific principles.

Linus Pauling

Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumb nail.

Henry David Thoreau

Once you make a decision, the universe conspires to make it happen.

Ralph Waldo Emerson

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage to move in the opposite direction.

E.F. Schumacher

Whatever is unnecessary or excessive will go out of fashion, become obsolete, or be reimagined.

Trung Nguyen

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves.

Edwin Way Teale

Simplify

Bottom line is, if you do not use it or need it, it's clutter, and it needs to go.

Charisse Ward

The sculptor produces the beautiful statue by chipping away such parts of the marble block as are not need-ed—it is a process of elimination.

Elbert Hubbard

If you look at your entire house as one unit of junk, you'll never do anything because the job is too overwhelming. Take it one drawer at a time.

Janet Luhrs

Clarity comes with simplicity.

Brendon Burchard

Have less.
Do more.
Be more.

Naturalopist

I end up not buying a lot of things because I find them ridiculous.

Steve Jobs

The simplest things are often the truest.

Richard Bach

Simplicity is the ultimate sophistication.

Leonardo da Vinci

Order and simplification are the first steps toward the mastery of a subject.

Thomas Mann

Almost all quality improvement comes via simplification of design, manufacturing, layout, processes, and procedures.

Tom Peters

I'm a man of simple tastes. I'm always satisfied with the best.

Oscar Wilde

Anne M. Lindbergh

Certain environments, certain modes of life, and certain rules of conduct are more conducive to inner and outer harmony than others. There are, in fact, certain roads that one may follow.

Simplification is one of them.

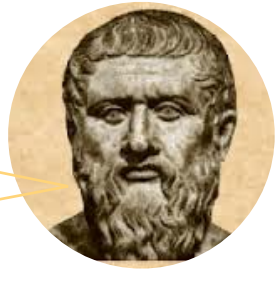
Eliminate physical clutter. More importantly, eliminate spiritual clutter.

D.H. Mondfleur

Simplicity is mastered when we separate needs from wants—the essential versus the clutter.

Trung Nguyen

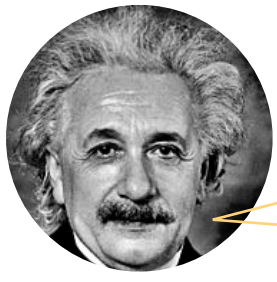
In order to seek one's own direction, one must simplify the mechanics of ordinary, everyday life.



Plato

Clutter is stuck energy. The word “clutter” derives from the Middle English word “clotter,” which means to coagulate—and that's about as stuck as you can get.

Karen Kingston



Three Rules of Work

1. Out of clutter find simplicity.

2. From discord find harmony.

3. In the middle of difficulty lies opportunity.

Albert Einstein

Anyone who has ever cleaned out a closet and taken stuff to Goodwill knows how liberating it is. You feel lighter, your mind feels clearer.

Cecile Andrews

The greatest men are the simplest men!

Ralph Waldo Emerson

Simplicity, goodness, and truth are the traits of greatness.

Leo Tolstoy

Manifest plainness.

Embrace simplicity.

Reduce selfishness.

Have few desires.

Lao Tzu

Like all magnificent things, it's very simple.

Natalie Babbitt

Frugality is one of the most beautiful and joyful words in the English language, and yet one that we are culturally cut off from understanding and enjoying. The consumption society has made us feel that happiness lies in having things, and has failed to teach us the happiness of not having things.

Elise Boulding

Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler.

Henry David Thoreau

Living simply makes loving simple.

Bell Hooks

To find the universal elements enough; to find the air and the water exhilarating; to be refreshed by a morning walk or an evening saunter; to be thrilled by the stars at night; to be elated over a bird's nest or a wildflower in spring—these are some of the rewards of the simple life.

John Burroughs

If you are out to describe the truth, leave elegance to the tailor.

Ludwig Boltzmann

Truth is found in simplicity, and not in the multiplicity and confusion of things. Nature is pleased with simplicity. And Nature is no dummy.

Isaac Newton

And yes, there's a simplicity to writing books because you're not a member of a team, so you make all the decisions yourself instead of deferring to a committee.

Bernard Cornwell

As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness.

Henry David Thoreau

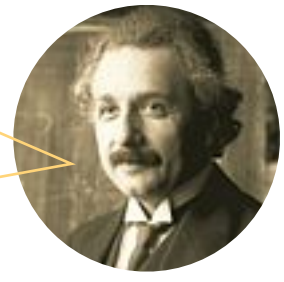
Life is not complex. We are complex. Life is simple, and the simple thing is the right thing.

Oscar Wilde

Our life is frittered away by detail.
Simplify, simplify.

Henry David Thoreau

Possessions, outward success, publicity, luxury, to me these have always been contemptible. I believe that a simple and unassuming manner of life is best for everyone, best for both the body and the mind.



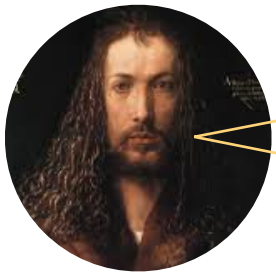
Albert Einstein

One can furnish a room very luxuriously by taking out furniture rather than putting it in.

Francis Jourdain

Unnecessary possessions are unnecessary burdens. If you have them, you have to take care of them!

Mildred Lisette Norman



As I grew older, I realized that it was much better to insist on the genuine forms of nature, for simplicity is the greatest adornment of art.

Albrecht Durer

The more simple we are, the more complete we become.

August Rodin

True simplicity is, well, you just keep on going and going until you get to the point where you go, “Yeah, well, of course.” Where there's no rational alternative.

Jonathan Ive

Only great minds can afford a simple style.

Stendhal

Our goal is to try to bring a calm and simplicity to what are incredibly complex problems so that you're not aware really of the solution, you're not aware of how hard the problem was that was eventually solved. The quest for simplicity has to pervade every part of the process. It really is fundamental.

Jonathan Ive

Steve Maraboli

The greatest step towards a life of simplicity is to learn to let go.

It is vain to do with more what can be done with less.

William of Occam

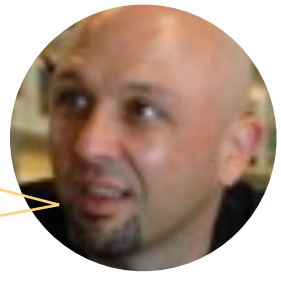
Coco Chanel

Simplicity is the keynote of all true elegance.

Every morning was a cheerful invitation to make my life of equal simplicity, and I may say innocence, with Nature herself.

Henry David Thoreau

When you have cleared all of your clutter, you can be of greater service to those around you.



Michael B. Kitson

Nothing is more simple than greatness; indeed, to be simple is to be great.

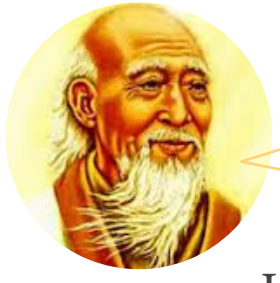
Ralph Waldo Emerson

Have nothing in your houses that you do not know to be useful or believe to be beautiful.

William Morris

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.

Hans Hofmann



Simplicity, patience, compassion.
These are your greatest treasures.

Lao Tzu

I think there is a profound and enduring beauty in simplicity; in clarity, in efficiency. True simplicity is derived from so much more than just the absence of clutter and ornamentation. It's about bringing order to complexity.

Jonathan Ive

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away.

Antoine de Saint-Exupéry

Beauty of style and harmony and grace and good rhythm depend on simplicity.

Plato

When you are content to be simply yourself and don't compare or compete, everybody will respect you.

Lao Tzu

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves.

Edwin Way Teale

Clutter and confusion are failures of design, not attributes of information.

Edward Tufte

The greatest ideas are the simplest.

William Golding

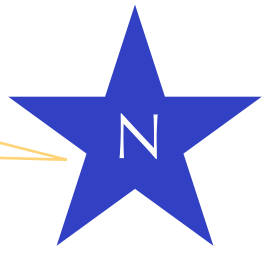
Knowledge is a process of piling up facts; wisdom lies in their simplification.

Martin H. Fischer

Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity.

Charles Mingus

There is beauty in simplicity.



Naturalopist

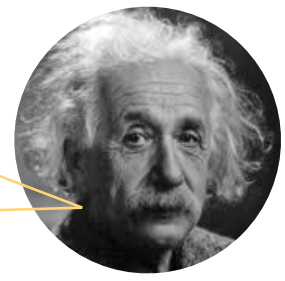
We must begin our practice by walking the narrow path of simplicity, the hinayana path, before we can walk upon the open highway of compassionate action, the mahayana path.

Chögyam Trungpa

I don’t need a lot of money. Simplicity is the answer for me.

Linda McCartney

I believe that a simple and unassuming manner of life is best for everyone, best both for the body and the mind.



Albert Einstein

As you simplify your wants and relationships, your happiness and productivity will increase.

Trung Nguyen

In character, in manner, in style, in all things,
the supreme excellence is simplicity.

Henry Wadsworth Longfellow

The waste of life occasioned by trying to
do too many things at once is appalling.

Orison Marden

It is not a daily increase, but a daily decrease.
Hack away at the non-essentials.

Bruce Lee

Simplicity is the final achievement. After one has played
a vast quantity of notes and more notes, it is simplicity
that emerges as the crowning reward of art.

Frederic Chopin

KISS (KEEP IT SIMPLE STUPID)

Missing someone?	Call.
Want to meetup?	Invite.
Wanna be understood?	Explain.
Have questions?	Ask.
Don’t like something?	Say it.
Like something?	State it.
Want something?	Work for it.
Love someone?	Tell them.
Have a dream?	Pursue it.

YOU ONLY HAVE ONE LIFE. KEEP IT SIMPLE AND MAKE IT COUNT!

THE MEXICAN FISHERMAN AND THE HARVARD MBA

The businessman was at the pier of a small coastal Mexican village when a small boat with just one fisherman docked. Inside the small boat were several large yellowfin tuna. The businessman complimented the Mexican on the quality of his fish and asked how long it took to catch them. The Mexican replied only a little while.

The businessman then asked why he didn't stay out longer and catch more fish. The Mexican said he had enough to support his family's immediate needs.

The businessman then asked, “But what do you do with the rest of your time?”

The Mexican fisherman said, “I sleep late, fish a little, play with my children, take a siesta with my wife, Maria, stroll into the village each evening where I sip wine and play guitar with my amigos; I have a full and busy life, señor.”

The businessman scoffed, “I am a Harvard MBA and I could help you. You should spend more time fishing and with the proceeds buy a bigger boat. With the proceeds from the bigger boat you could buy several boats; eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman, you would sell directly to the processor and eventually open your own cannery. You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to Mexico City, then LA and eventually New York City where you would run your expanding enterprise.”

The Mexican fisherman asked, “But señor, how long will this all take?”

To which the businessman replied, “Fifteen to 20 years.”

“But what then, señor?”

The businessman laughed and said, “That's the best part! When the time is right you would announce an IPO and sell your company stock to the public and become very rich. You would make millions.”

“Millions, señor? Then what?”

The businessman said, “Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take a siesta with your wife, stroll to the village in the evenings where you could sip wine and play your guitar with your amigos.”

The fisherman, still smiling, looked up and said, “Isn't that what I'm doing right now?”

The Fisherman
Sunshine, fresh air,
physical activity, whole food,
and proximity to water.

PRECEPT 4

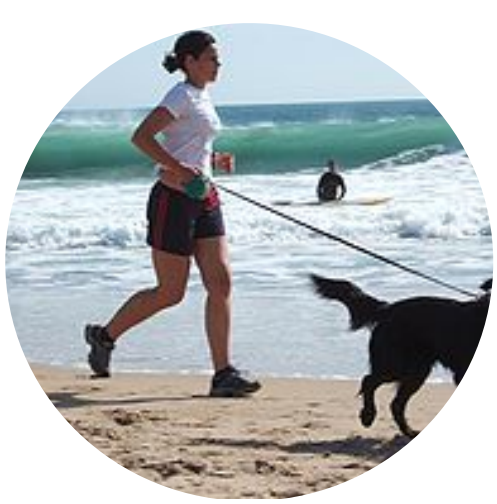
HEALTH

health

wellness, well-being, soundness, vigor, vitality, energy

1. The state of being free from physical or psychological disease, illness, or malfunction.

2. A state of well-being or balance, often physical but sometimes also mental and social; the overall level of function of an organism from the cellular (micro) level to the social (macro) level.



PHYSICAL

MENTAL

EMOTIONAL

Disease enters through the mouth. Therefore, the foundation of health is a nutritious diet laden with organic fruits, vegetables, nuts, algae, legumes, grains, herbs, spices, essential oils, and moderate animal protein, particularly seafood. Many illnesses and diseases are associated with or are directly linked to malnutrition (nutritional deficiency):

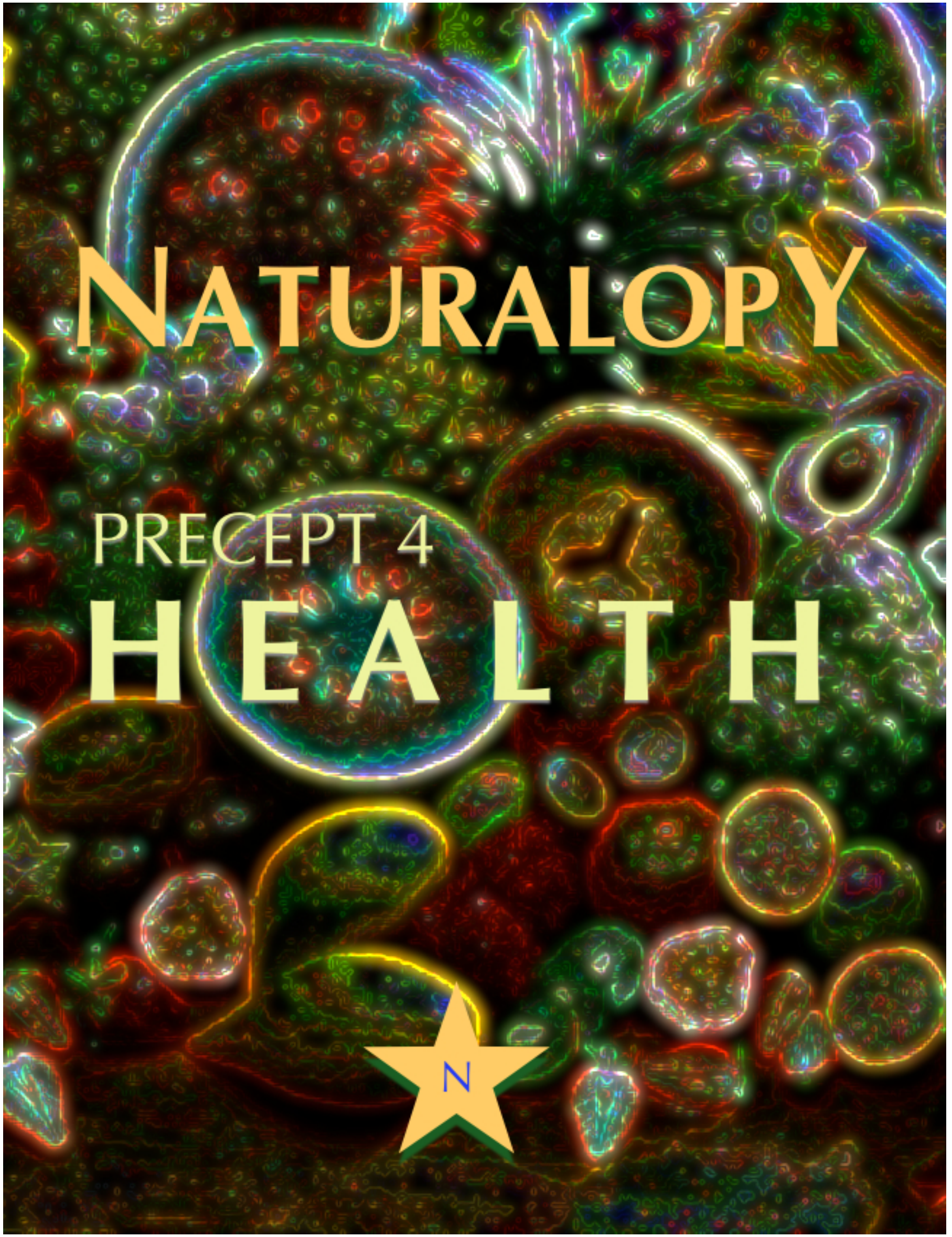
- scurvy is caused by a vitamin C deficiency,
- beriberi a vitamin B1 deficiency,
- pellagra a vitamin B3 deficiency,
- anaemia an iron deficiency,

- rickets a vitamin B deficiency,
- aribоflavinosis a vitamin B2 deficiency,
- hypocobalaminemia a vitamin B12 deficiency,
- paraesthesia a vitamin B5 deficiency,
- night blindness a vitamin A deficiency,
- depression (the physical component) a vitamin D deficiency,
- and schizophrenia believed to be a vitamin B3 (niacin) deficiency.

As the great Linus Pauling once wrote, “You can trace every sickness, every disease, and every ailment to a mineral deficiency.” Vitamins and minerals are nutrients and our body must consume the right types in the right amounts to obtain the necessary energy for optimal health and a vigorous lifestyle.

Health is simple but it has been subverted and complicated by the for-profit food industry. All we need for physical vitality are sunlight, fresh air, clean water, nutrients from whole foods, and moderate exercise. Since physical health directly affects mental and emotional health, physical health should be the first priority of overall wellness. A comprehensive blood test and urine analysis with a naturopathic doctor (ND) will reveal our nutritional profile and whether or not we’re malnourished.

Using the body-mind, hardware-software analogy: our hardware must contain the right components with the right specs before we can install complicated software to run it. Likewise, our brain must be well-nourished before we can effectively address mental and emotional health.


NATURALOPY
PRECEPT 4
HEALTH
N

People who are in control of their health are in control of their destiny, able to work harder and more effectively to fulfill their wildest dreams.

Leslie Kenton

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

Buddha

To be a physician in the truest sense, one must consider the patient's troubles from all these basic standpoints—is it mechanical, nutritional, or psychological, or is it a varied combination of all three? The human body is not composed of separate entities, but is a working unit in its entirety and so must be treated as such.

Fred Loffler

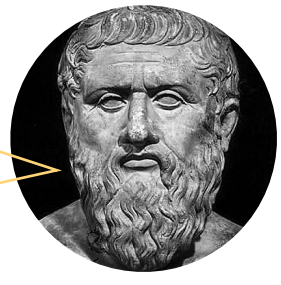
The part can never be well unless the whole is well.

Plato

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.

Ann Wigmore

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise saves it and preserves it.



Plato

The body heals with play, the mind heals with laughter, and the spirit heals with joy.

Naturalopist

The first step to fixing your health is to fix your diet.

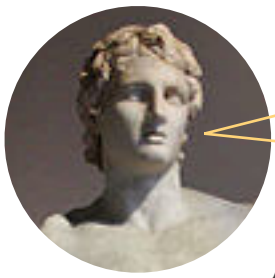
Mike Adams

I decided to be happy because it is good for my health.

Voltaire

Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it.

Ann Wigmore



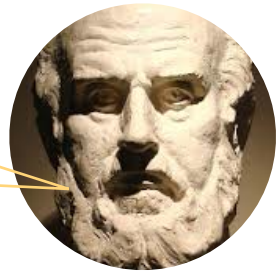
I’m dying from the treatment of too many physicians.

Alexander the Great

I was one of those people who put too much emphasis on work and career and material possessions, and it took its toll on all my relationships, on my physical health, my emotional and mental health.

Tony Shalhoub

Nature is the healer of disease.



Hippocrates

Why should we tolerate a diet of weak poisons, a home in insipid surroundings, a circle of acquaintances who are not quite our enemies, the noise of motors with just enough relief to prevent insanity? Who would want to live in a world which is just not quite fatal?

Rachel Carson

A sick person can be motivated to get well. I really believe you are what you think. Relive a happy life incident, listen to good music, read good literature, laugh hard and often. Where there's life, there's hope. Where you can fan the smallest flame, there's always hope.

Fred Loffler

When you’re comfortable in your own skin, you’re beautiful. Confidence is the best make-up you could wear.

Mandy Hale

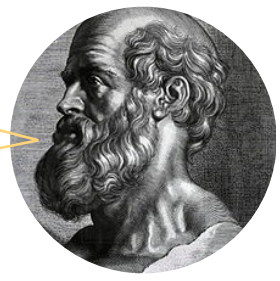
The ability to be in the present moment is a major component of mental ill-

Abraham Maslow

Noble deeds and hot baths are the best cures for depression.

Dodie Smith

Let food be your medicine and medicine be your food.



Hippocrates

It is clear that nutrition can powerfully influence cognition, emotion, and behavior. It is also clear that the effects of classical nutritional deficiency diseases upon mental function constitute only a small part of a rapidly expanding list of interfaces between nutrition and the mind.

Melvyn Werbach

The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet, and in the cause and prevention of disease.

Thomas Edison

Cleanliness is next to godliness.

Motherly Advice

Every person is the author of their own health or disease.

Buddha

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

Hippocrates

PROMISE YOURSELF

Promise yourself
To be so strong that
nothing can disturb your peace of mind.
To talk health, happiness, and prosperity
to every person you meet.

To make all your friends feel
that there is something in them
To look at the sunny side of everything
and make your optimism come true.

To think only the best, to work only for the best,
and to expect only the best.
To be just as enthusiastic about the success of others
as you are about your own.

To forget the mistakes of the past
and press on to the greater achievements of the future.
To wear a cheerful countenance at all times
and give every living creature you meet a smile.

To give so much time to the improvement of yourself
that you have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world,
not in loud words but great deeds.
To live in faith that the whole world is on your side
so long as you are true to the best that is in you.

Christian D. Larson

PHYSICAL HEALTH

physical health

vigor, vitality, energy

1. The vitality of a person; overall energy, ability to perform work.

2. The state of bodily wellness, free from illness and disease.

The first step to physical health is to nourish our cells. If we examine the 13 major systems in our body, all have a common denominator: they require nutrients (vitamins, minerals, carbohydrates, proteins, lipids, and water) to sustain life. The circulatory/cardiovascular, digestive, endocrine, immune/lymphatic, integumentary, muscular, nervous, reproductive, respiratory, skeletal, urinary, sensory, and excretory systems function best and keep us disease-free when they're properly nourished with fresh air, clean water, and organic nutrients.

Everything in moderation is a good balance between excessive exercise and a sedentary lifestyle. Research shows that excessive exercise expands the heart so it can absorb more air in the lungs—over the long-run this can be unhealthy, even dangerous. In addition, excessive exercise creates wear-and-tear on the body. On the other hand, a sedentary lifestyle, especially one that includes 4-6 hours of watching television, is responsible for almost every ailment imaginable.

A 30 minute walk or a slow jog in the sun, fresh air, a balanced diet, adequate rest and sleep, and clean water are all that we need to attain and maintain and a healthy body.

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

The brain is like a muscle. When it is in use we feel very good. Understanding is joyous.

Carl Sagan

When diet is wrong, medicine is of no use.
When diet is correct, medicine is of no need.

Ayurvedic Proverb

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.

John F. Kennedy

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.

Anthony Robbins

The produce manager is more important to my children's health than the pediatrician.

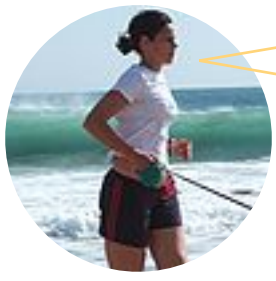
Meryl Streep

Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined.

Johnny Carson

We are all born with a unique genetic blueprint, which lays out the basic characteristics of our personality as well as our physical health and appearance. And yet, we all know that life experiences do change us.

Joan D. Vinge



Movement is a medicine for creating change in a person's physical, emotional, and mental states.

Carol Welch

There is no exercise better than reaching down and lifting people up.

John Holmes

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

Plato

The people you play with is more important than the game.

Debra Demaline Maxted

If you don't think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend. There will always be dark days.

Kris Carr

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

World Health Organization

The best six doctors anywhere
And no one can deny it
Are **sunshine**, **water**, **rest**, and **air**
Exercise and **diet**.
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.

Nursery rhyme quoted by Wayne Fields

We are what we eat.

Ancient Adage

MENTAL HEALTH

mental health

mindfulness, awareness, consciousness

1. The well-being of a person's mind; ability to overcome stress and psychological concerns.

2. The condition of soundness and stability of a person's mental faculties; balance in reasoning and intellectual endeavor.

We know from observation, research, and personal experience that what we put in our body impacts how we think, feel, and behave. What we inhale, drink, and eat influence our decisions, therefore our life. Think how consuming alcohol, marijuana, LSD, cocaine, and other drugs impair our judgement. Stimulants excite our brain neurons, while depressants suppress them. However, due to individual biochemistry, there are differences in how drugs affect each person. But there is no arguing that what goes in our body affects our very being, especially our mental faculties. In most people, drugs impair the decision making process.

What about the foods we eat and drink? Like drugs, the foods we eat and drink also affect how we think, feel, and behave. The impact is subtler and not as immediate and pronounced as drugs. However, the positive impact of nutritious food on mental health is long-lasting—the nutrients need to accumulate and buildup in our cells before we notice the change. Sometimes we hardly notice the change because it's very subtle, over a long-period of weeks and months.

There are foods classified as "brain foods" because of their nutrient, phytochemical, and antioxidant contents. Some of these brain foods are wild fish rich in Omega-3 fats (salmon), berries, blackcurrant, nuts, seeds, and broccoli. There are also herbs such as Ginkgo Biloba, Ginseng, green tea, Sage, and Rosemary that can also improve our brain function, memory, and overall mental health.

In addition, meditation, moderate exercise, and sex with a regular partner should be part of our mental workout. Meditation calms the mind and increases the awareness of our behavior and how it affects those around us. Moderate physical exercise releases feel-good neurotransmitters (endorphin, serotonin, GABA, dopamine, norepinephrine, etc.) and increases energy. Sex with a loved one releases feel-good hormones and neurotransmitters.

A nutritious diet, meditation, moderate exercise, and regular sex are the cornerstones of mental health. If needed, add regular visits with a cognitive behavior therapy (CBT) psychologist and herbs to the repertoire.

The body-mind connection—physiological health affects mental health.

Everything is created twice. First in the mind, then in reality.

Robin Sharma

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a person can control their mind they can find the way to Enlightenment, and all wisdom and virtue will naturally come to them.

Buddha

We are as sick as our secrets. Openness is to wholeness as secrets are to sickness.

Naturalopist

Before you diagnose yourself with depression or low self-esteem, first make sure you are not, in fact, just surrounded by assholes.

William Gibson

The punishment of every disordered mind is its own disorder.

Augustine of Hippo

To me, good health is more than just exercise and diet. It's really a point of view and a mental attitude you have about yourself.

Albert Schweitzer

I have long recognized a link between fitness and mental health and I think we need to encourage young people to take part in sports and team activities because we know it has such positive results.

Tipper Gore

Your mind is your instrument. Learn to be its master and not its slave.

Remez Sasson

The belly rules the mind.

Naturalopist

To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

Buddha

A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind.

James Allen

Taking care of your mental and physical health is just as important as any career move or responsibility.

Mireille Guiliano

You can’t win physically if you’re losing mentally.

Billy Cox

The mental suffering you create is always some form of non-acceptance, some form of unconscious resistance to what is. On the level of thought, the resistance is some form of judgement. The intensity of the suffering depends on the degree of resistance to the present moment.

Eckhart Tolle

The desire for fame and sudden stardom has ruined many people. The spotlight burns.

Trung Nguyen

A fit, healthy body is the best fashion statement.

Jess C. Scott

One who has control over the mind is tranquil in heat and cold, in pleasure and pain, and in honor and dishonor; and is ever steadfast with the Supreme Self.

Bhagavad Gita

You can not always control circumstances, but you can control your own thoughts.

Charles Popplestown

There is nothing good or bad but thinking makes it so.

William Shakespeare

Just as the body bears the traces of its phyloge-netic development, so also does the human mind.

Carl Jung

Mindfulness and awareness is the bridge between reaction and conscious choice.

Hal Tipper

Quiet the mind, and the soul will speak.

Ma Jaya Sati Bhagavati

Sedentary people are apt to have sluggish minds. A sluggish mind is apt to be reflected in flabbiness of body and in a dullness of expression that invites no interest and gets none.

Rose Fitzgerald Kennedy

James Allen

The circumstances which a person encounters suffering are the result of his own mental inharmony.

EMOTIONAL HEALTH

emotional health

feelings, arousal

1. A person's internal state of being and physiological response to an object or a situation, based on or tied to physical state and sensory data.

Our body is a chemical factory, an electrical plant, an energy store, and a biological warehouse. It is arguably the most complex creation of Nature that we know. The human body is the result of Nature's experiment, some say of 4.55 billion years (approximate age of the Earth) and others say of about 3.5 billion years (first single-celled organism from which all life evolved on Earth). Despite the unimaginable complexity of our origin, we are primitive when it comes to behavior—most of us act according to our emotions, or how we feel.

There are primary emotions and secondary emotions. The primary emotions are those that we feel first, and the secondary emotions are those we feel next, following the primary emotions. The primary emotions are love, joy, surprise, anger, sadness, and fear. For example, the secondary emotions (feelings) of love are affection, lust, and longing; and the secondary emotions of anger are irritation, exasperation, rage, disgust, envy, and torment. There is a debate as to whether emotions are involuntary or voluntary. If they're involuntary, they can be tamed with practice.

What determines how we feel? Diet, exercise, and thoughts. Yes, back to food, nature, and the mind. The foods we eat and drink create the neurotransmitters and hormones in our body. For example, serotonin, endorphins, norepinephrine, and dopamine are four feel-good neurotransmitters (chemical messengers). They are synthesized from certain foods we eat and released in large amounts during hugging, exercise, sex, and exposure to sunlight. In addition, oxytocin and cortisol are two hormones that uplift us and reduce anxiety and stress (as for depression, every study has concluded that a healthy diet and regular exercise is more effective than antidepressant drugs).

The first step to healthy emotions is a healthy diet—fruits, vegetables, nuts, whole grains, algae, and Omega-3 fats. From a healthy diet, the right hormones and neurotransmitters are synthesized in our body. A large part of our emotions are rooted in physiology; the rest is rooted in our interpretation and perspective of events.

The second step is the activities to release those hormones and neurotransmitters: hugging, walking, jogging, sex, exposure to sunlight, and meditation. Generally, any activity that slightly raises heartbeat or calms the mind.

The third step to mastering our emotions is our thought process. There are three main methods or philosophies that are very effective: cognitive behavior therapy (CBT), stoicism, and meditation.

The fourth step is how we communicate our feelings. We should be assertive, but not aggressive. Learn to comfortably and firmly say “yes”, “no”, and “I don’t know” when appropriate without offending. We are not obligated to doing anything for anyone if it doesn’t feel good or right. We’re only responsible for our own well-being and happiness. When we say “no” to the things that are against our well-being, people will like us less but respect us more.

Our emotions are produced from a chain of events, going all the way back to our diet, daily activities, and to how we think about events in our life. Emotions complete the body-mind connection.

Despite our place on top of the food chain, we are emotional creatures at heart.

I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Don't take anything personally. Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Miguel Ruiz

Do not be shaken by criticism; instead, be firm. Be sure that in proportion to your worth, the level of people's criticism rises. Also, make good use of criticism in discovering your shortcomings and faults, and let it drive you toward self-improvement.

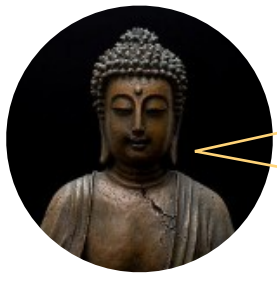
Naturalopist

Unexpressed emotion will never die. They are buried alive and will come forth later in uglier ways.

Sigmund Freud

The scientific truth may be put quite briefly; eat moderately, having an ordinary mixed diet, and don't worry.

Robert Hutchison



Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Buddha

The one permanent emotion of the inferior man is fear—fear of the unknown, the complex, the inexplicable. What he wants above everything else is safety.

H. L. Mencken

The people who are jealous of you are your secret admirers. You are what they wish to be, only if they had the courage.

Naturalopist

Control your emotions or they will control you.

Motherly Advice

Never trust anyone who wants what you've got.
Friend or no, envy is an overwhelming emotion.

Eubie Blake

Don’t worry about what people say behind your back.
They are the people who are finding faults in your life
instead of fixing faults in their own life.

Motherly Advice

He who angers you conquers you.

Elizabeth Kenny

When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion.

Dale Carnegie

All suffering is caused by desire.

Buddha

Don’t sweat the small stuff in life and it’s all small.

Motherly Advice

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.

Earl Nightingale

People don't buy for logical reasons. They buy for emotional reasons.

Zig Ziglar

We project unto others what we see in our own hearts.

Naturalopist

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

Paul Dudley

Men are governed by lines of intel-lect—women: by curves of emotion.

James Joyce

Smile, breathe, and go slowly.

Thich Nhat Hanh

I will no longer allow anyone to manipulate my mind and control my life in the name of love.

Miguel Ruiz

The world is a tragedy to those who feel, but a comedy to those who think.

Horace Walpole

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

Helen Keller

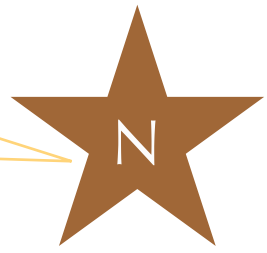
The more you know who you are, and what you want, the less you let things upset you.

Stephanie Perkins

Don’t make a permanent decision based on your temporary emotion.

Motherly Advice

When anything disturbs your peace of mind, remove it from your life.



Naturalopist

Learn to live with and love yourself in your own skin. Self love is the beginning of a lifelong romance.

Oscar Wilde

There are many ways to calm a negative energy without suppressing or fighting it. You recognize it, you smile to it, and you invite something nicer to come up and replace it, you read some inspiring words, you listen to a piece of beautiful music, you go somewhere in Nature, or you do some walking meditation.

Thich Nhat Hanh

The best way to avoid disappointment is not to expect anything from anyone.

Motherly Advice

Inner peace begins the moment you choose not to allow another person or event to control your emotions.

Buddha

Don’t give others the power to control your emotions. Your emotions are yours and only for you to control.

Motherly Advice

Stop letting people who do so little for you control so much of your mind, feelings, and emotions.

Will Smith

The key to happiness is to always have control over your emotions.

Motherly Advice

Never attack people emotionally just to validate your own emotions.

Rubyanne

Your emotions are the slaves to your thoughts, and you are the slave to your emotions.

Elizabeth Gilbert

BEAUTY TIPS FOR EVERYONE!

For attractive lips, speak words of kindness.

For beautiful eyes, look for the good in other people.

To lose weight, let go of stress, hatred, anger, contentment and the need to control others.

For poise, walk with knowledge and self-esteem.

To strengthen your heart, forgive yourself and others. Don't worry and hurry so much.

Rather than walk this earth lightly, walk firmly with determination and leave your mark.

Doing these things on a daily basis will certainly make you a more beautiful person.

Inner Beauty Is the Real Beauty
EunSuk Ji (Jenny) from Korea

EMOTIONAL NEEDS

But man has other needs as well: emotional needs. These, too, are few, but every bit as important as his physical requirements, yet not so simple. If they aren't met, they can be as devastating as physical hunger, as uncomfortable as a lack of shelter, as incapacitating as thirst. The frustration, isolation and anxiety brought about by unmet emotional needs can, like physical privation, produce death or a degree of living death —neurosis and psychosis.

Leo F. Buscaglia

MEDITATION

meditation

contemplation, reflection, relaxation, introspection, insight, mindfulness

1. A devotional exercise of, or leading to contemplation.

2. A contemplative discourse, often on a philosophical subject.

Meditation is an exact science. Because of its efficacy in every area of health, it deserves its own section. There are hundreds of studies showing the health benefits of meditation. Here are a few examples:

- meditation alters brain structure
- meditation increases brain gray matter
- meditation changes gene expression, impacts DNA
- meditation activates genes to fight diseases
- meditation increases immunity, fertility, and lowers blood pressure
- meditation improves focus, creativity, compassion, and memory
- meditation reduces depression, anxiety, and stress
- meditation helps control thoughts
- meditation increases blood flow and slows heart rate
- meditation provides calm and peace
- meditation increases energy

Our brain is a biological, chemical, and electrical organ. It is a complex network of neurons, synapses, and neurotransmitters. Ounce for ounce, it is the most intricate and awesome creation we know—it is unique, nothing like it exists. However, it can be tamed by the mind.

The brain, as an electrochemical organ, transmits waves called brainwaves. These brainwaves change according to thought and activity. The six primary brainwaves are Gamma, Beta, SMR (sensorimotor rhythm), Alpha, Theta, and Delta. These waves vary in frequencies (cycles per second, Hertz, Hz) and can be measured using an EEG (electroencephalography) device. The cycles and states associated with these brain-waves are:

- **Gamma** waves: 31 - 120 cycles per cycle. The gamma brainwave is associated with active or hyper mental participation; conducive to learning. A consistently high frequency brainwave is linked to hyperactivity, impulsiveness, and atten-tion deficit.

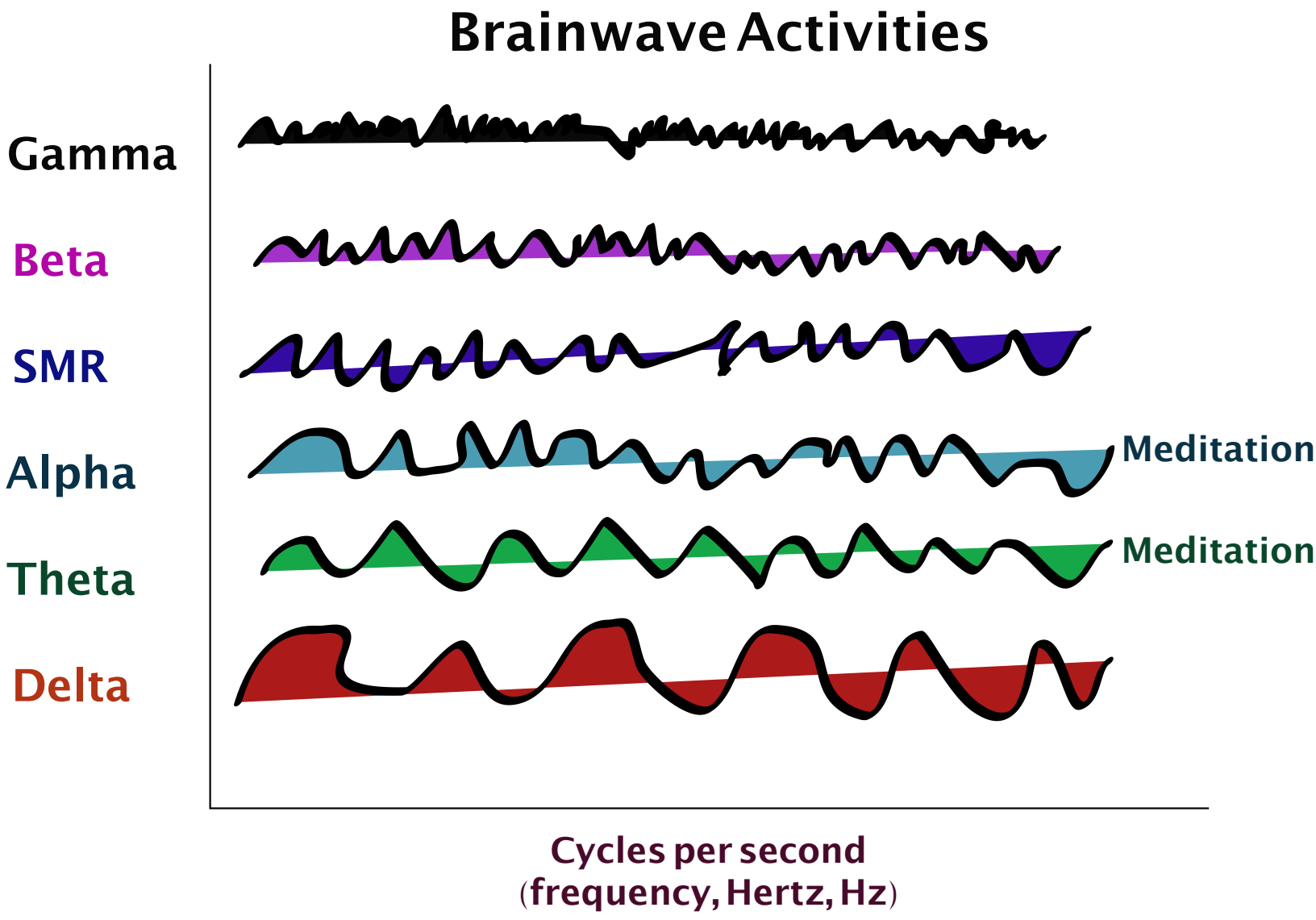
- **Beta** waves: 13 - 30 cycles per second. The Beta brainwave is associated with logical thinking, concentration, and awareness. For example, we are in the Beta brainwave when having a conversation.

- **SMR** waves: 12 - 15 cycles per second. The sensorimotor rhythm brainwave is as-sociated with physical inactivity and calmness.

- **Alpha** waves: 7 -13 cycles per second. The Alpha brainwave is associated with re-laxation, reflection, meditation, and hypnosis.

- **Theta** waves: 4 -7 cycles per second. The Theta brainwave is associated with dreaming, creativity, meditation, shamanic journeys, ESP, out of body experiences, and paranormal phenomena.

- **Delta** waves: 1.5 - 4 cycles per second. The Delta brainwave is associated with deep dreamless sleep.



Meditation is the mind influencing the body, the mind-body connection instead of the body-mind connection. During meditation our brainwaves are at the Alpha and Theta stages—these changes can be measured by EEG or fMRI medical devices and the result is called biofeedback or neurofeedback. During meditation, the brain is relaxed into a contemplative stage, and our metabolism and breath rate decrease. This is when the things that matter most to us surface into consciousness. When we habitually meditate, things in the subconscious will rise into our awareness for us to solve.

Meditation can be undertaken in any quiet place, in the proper sitting position, eyes closed, and breathing slowly and deeply. When find ourself distracted, focus our attention on the breath, feel the air flowing in our nose, down our lungs, up our lungs, and out our nose. Follow the breath, use it as an anchor.

When our mind is quiet, the Self speaks.

A good meditation, even when it is interrupted by occasional nodding, is much more beneficial than many outward religious exercises.

Johannes Tauler

To the mind that is still, the whole universe surrenders.

Lao Tzu

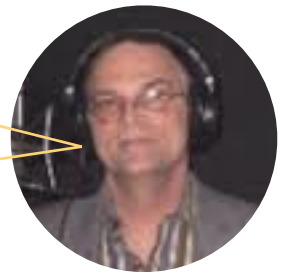
Empty your mind, be formless, shapeless—like water. Now you put water into a cup, it becomes the cup. You put water into a bottle, it becomes the bottle. You put it in a teapot, it becomes the teapot. Now water can flow or it can crash. Be water, my friend.

Bruce Lee

As you learn to leave alone the activity of unconsciously trying to be the mind-body that you think that you are—the mind-body that this "you" is currently flowing through—and you learn to move as this one that you truly are—this "you" of you; the very heart of existence—steadily, consciously and momentarily, the continuity of the ever deepening of this innermost as it keeps on entering its manifestation, through this mind-body that you find yourself flowing through, allows you to simply bubble in the sheer joy, pleasure, peace, delightfulness and stillness that this "you" of you is.

Elysha

Mindfulness and awareness is the bridge between reaction and conscious choice.



Hal Tipper

You should sit in meditation for 20 minutes a day. Unless you're too busy, then you should sit for an hour.

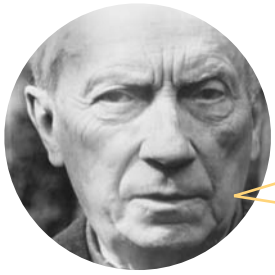
Zen Saying

Some people think that meditation takes time away from physical accomplishment. Taken to extremes, of course, that's true. Most people, however, find that meditation creates more time than it takes.

Peter McWilliams

Every soul innately yearns for stillness, for a space, a garden where we can till, sow, reap, and rest, and by doing so come to a deeper sense of self and our place in the universe. Silence is not an absence but a presence. Not an emptiness but repletion. A filling up.

Anne Leclaire



Soon silence will have passed into legend. Man has turned his back on silence. Day after day he invents machines and devices that increase noise and distract humanity from the essence of life, contemplation, meditation.

Jean Arp

Meditation practice isn't about trying to throw ourselves away and become something better, it's about befriending who we are.

Ani Pema Chodron

Buddha was asked, "What have you gained from meditation?"

He replied, "Nothing! However, let me tell you what I have lost: anger, anxiety, depression, insecurity, fear of old age, and death."

Buddha

If every eight year old in the world is taught meditation, we will eliminate violence from the world within one generation.

Dalai Lama XIV

Meditation is not spacing-out or running away.
In fact, it is being totally honest with ourselves.

Kathleen McDonald

Meditation and concentration
are the way to a life of serenity.

Remez Sasson

Meditation brings wisdom; lack of mediation leaves igno-
rance. Know well what leads you forward and what hold you
back, and choose the path that leads to wisdom.

Buddha

Meditation is a process of getting rid of the whole past,
of getting rid of all diseases, of getting rid of all the pus
that has gathered in you. It is painful, but it is cleansing,
and there is no other way to cleanse you.

Rajneesh

Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor.

Thich Nhat Hanh

Whatever forms of meditation you practice, the most important point is to apply mindfulness continuously, and make a sustained effort. It is unrealistic to expect results from meditation within a short period of time. What is required is a continuous sustained effort.

Dalai Lama XIV

Meditation is not meant to help us avoid problems or run away from difficulties. It is meant to allow positive healing to take place. To meditate is to learn how to stop—to stop being carried away by our regrets about the past, our anger or despair in the present, or our worries about the future.

Thich Nhat Hanh

Guy de la Valdene

Of all the sounds that touch my soul these days, the most beautiful one of all is silence.

The more intense the nature of a man, the more readily will he find meditation, and the more successfully will he practice it.

James Allen

If we know the divine art of concentration, if we know the divine art of meditation, if we know the divine art of contemplation, easily and consciously we can unite the inner world and the outer world.

Sri Chinmoy

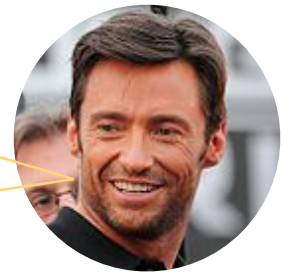
Your goal is not to battle with the mind, but to witness the mind.

Swami Muktananda

I thought my biggest fear was dying in prison. After meditation, I realized my biggest fear was to die and not know myself.

Interviewee, *Dharma Brothers*

Meditation is all about the pursuit of nothingness. It's like the ultimate rest. It's better than the best sleep you've ever had. It's a quieting of the mind. It sharpens everything, especially your appreciation of your surroundings. It keeps life fresh.



Hugh Jackman

Mindful meditation has been discovered to foster the ability to inhibit those very quick emotional impulses.

Daniel Goleman

Paul Brunton

That deep silence has a melody of its own, a sweetness unknown amid the harsh discords of the world's sounds.

Accessing the spiritual realm through the daily practice of meditation opens the way to manifesting your deepest desires. By changing your thoughts, beliefs, expectations, and intentions and connecting with stillness, you will allow the unbounded, unlimited abundance of the universe to flow easily and effortlessly into your life.

Deepak Chopra

At one point I learned transcendental meditation. This was 30-something years ago. It took me back to the way that I naturally was as a child growing up way in the country, rarely seeing people. I was in that state of oneness with creation and it was as if I didn't exist except as a part of everything.

Alice Walker

Rest in natural great peace, this exhausted mind, beaten helpless by karma and neurotic thought, like the relentless fury of the pounding waves in the infinite ocean of samsara.

Nyoshul Khen Rinpoche

Meditation is the soul's perspective glass.

Owen Feltham

Whenever you step out of the noise of thinking, that is meditation, and a different state of consciousness arises.

Eckhart Tolle

Man is ill because he is never still.

Paracelsus

All of man's difficulties are caused by his inability to sit, quietly, in a room by himself.

Blaise Pascal

Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.

Thich Nhat Hanh

Alan Wallace

Integrated meditation practice is like a healthy diet which is indispensable for maintaining your vitality and resistance to disease. Likewise, a balanced meditative practice in the course of a socially engaged way of life heightens your psychological immune system, so that you are less vulnerable to mental imbalances of all kinds.

Zen is not some kind of excitement, but concentration on our usual everyday routine.

Shunryu Suzuki

Meditation is the discovery that the point of life is always arrived at in the immediate moment.

Alan Watts

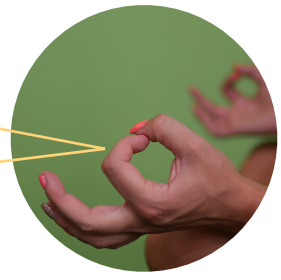
Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace.

Bhagavad Gita

The gift of learning to meditate is the greatest gift you can give yourself in this lifetime.

Sogyal Rinpoche

In the beginning you will fall into the gaps in between thoughts–after practicing for years, you become the gap.



J. Kleykamp

If you want to conquer the anxiety of life, live in the moment, live in the breath.

Amit Ray

Ray Dalio

I can be stressed, or tired, and I can go into a meditation and it all just flows off of me. I'll come out of it refreshed and centered and that's how I'll feel and it'll carry through the day.

Thus meditating you will no longer strive to build yourself up in your prejudices, but, forgetting self, you will remember only that you are seeking the Truth.

James Allen

PRECEPT 5

SPIRITUALITY

spirituality

metaphysical, sacred, ethereal, nonphysical, pure, incorporeal

1. Concern for that which is unseen and intangible, as opposed to physical or mundane.

2. The quality or state of being spiritual.

Most of us seek a spiritual life after prolonged unease and calamity. Most pursue answers in churches, synagogues, mosques, temples, and political affiliations—all of which are unnecessary. The truths and answers to life are not in religion and politics, but in science and self-education.

We cannot undo what was said or done in the past, we can only move forward and do good. Eventually, our good deeds will outweigh our past misdeeds and balance our karma—this is the essence of spirituality. To know that we have done good and touched the lives of others in a positive way is soothing to our soul.

There are three steps to rekindle a spiritual life. They are:

1. Acceptance. Accept the mistakes we have made and blame no one.

2. Forgiveness. Forgive ourself, and all those involved.

3. Redemption. Do good to rebalance our karma.

If we knew all the answers to life the day we were born, we would not experience the trials and tribulations of life, which means we would have no life. Life is a journey and that's what makes it mysterious and exciting. Life is an experiment, and with all experiments, mistakes are made.

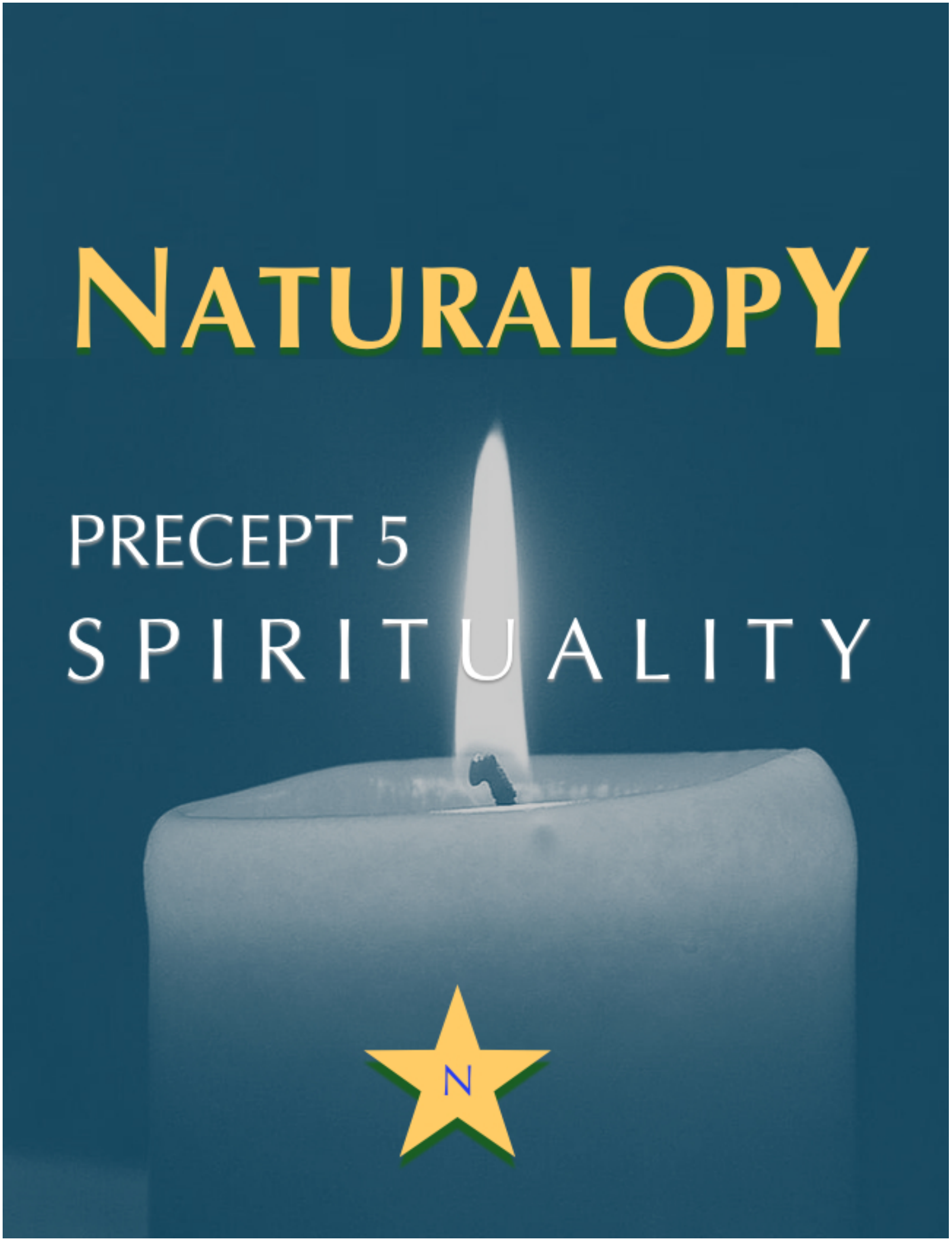
An important spiritual note is to not confuse reality with spirituality. For example, when dealing with some people, reality and spirituality can be two different realms.

The majority of people we meet in life are on the same spiritual journey as we are on. However, there are the rare minority who disregard reason and lack common sense. These people include religious fanatics, psychopaths, and sociopaths. Studies have suggested that these sociopaths and psychopaths hold the highest positions of power in government and corporations. These people do not understand common sense, compassion, and reason. They are hedonistic, selfish, and greedy; therefore, must be dealt with differently than the majority of the people. The point is: don't be like them. Be better.

When in doubt, remember the Naturalopic philosophy of life: Life didn't come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life.

The journey of metanoia is ours to take alone; to explore and enjoy.

metanoia: change in one's way of life resulting from penitence or spiritual conversion.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PRECEPT 5
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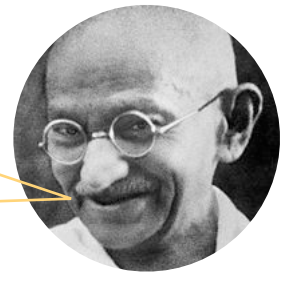
We are not human beings having a spiritual experience.
We are spiritual beings having a human experience.

Pierre Teilhard de Chardin

Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul.



Mahatma Gandhi

Deepak Chopra

Enlightened leadership is spiritual if we understand spirituality not as some kind of religious dogma or ideology but as the domain of awareness where we experience values like truth, goodness, beauty, love and compassion, and also intuition, creativity, insight and focused attention.

No person is an island entirely of itself; every person is a piece of the continent, a part of the main. Any person's death diminishes me, because I am involved in humankind; And therefore, never send to know for whom the bell tolls—it tolls for thee.

John Donne

It is only because of problems that we grow mentally and spiritually.

M. Scott Peck

One of the most spiritual things you can do is embrace your humanity. Connect with those around you today. Say “I love you”, “I'm sorry”, “I appreciate you”, “I'm proud of you”, or whatever you're feeling. Send random texts, write a cute note, embrace your truth, share it, and give plenty of hugs.

Steve Maraboli

Peace starts within each one of us. When we have inner peace, we can be at peace with those around us. When our community is in a state of peace, it can share peace with neighboring communities, and so on. When we feel love and kindness toward others, it makes others feel loved and cared for, and it helps us to develop inner happiness and peace.

Dalai Lama XIV

Ludwig van Beethoven

Music is the mediator between the spiritual and sensual life.

Great men are they who see that spiritual is stronger than any material force—that thoughts rule the world.

Ralph Waldo Emerson

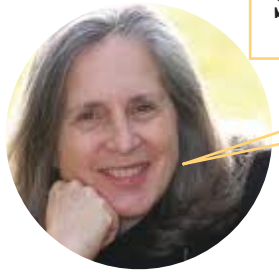
Just as a candle cannot burn without fire, men cannot live without a spiritual life.

Buddha

I learned that the interior of life was as rewarding as the exterior of life, and that my richest moments occurred when I was absolutely still.

Richard Bode

Spiritual energy brings compassion into the world.



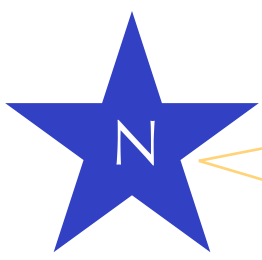
Christina Baldwin

Drugs or overeating or alcohol or sex, it was all just another way to find peace. To escape what we know. Our education. Our bite of the apple.

Chuck Palahniuk

When you think everything is someone else's fault you will suffer. When you realize that everything springs only from yourself, you will learn both peace and joy.

Dalai Lama XIV



You can't fix your broken self by breaking someone else. Penitence first, forgiveness, then redemption.

Naturalopist

If you want to awaken all of humanity, then awaken yourself.

If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself.

Truly, the greatest gift you have to give is that of your own self-transformation.

Lao Tzu

A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual doom.

Martin Luther King, Jr.

Science is not only compatible with spirituality; it is a profound source of spirituality. When we recognize our place in an immensity of light—years and in the passage of ages, when we grasp the intricacy, beauty, and subtlety of life, then that soaring feeling, that sense of elation and humility combined, is surely spiritual. So are our emotions in the presence of great art or music or literature, or acts of exemplary selfless courage such as those of Mahatma Gandhi or Martin Luther King, Jr. The notion that science and spirituality are somehow mutually exclusive does a disservice to both.

Carl Sagan

Enlightenment is, in the end, nothing more than the natural state of being.

Adyashanti

Marianne Williamson

Spiritual growth involves mental discipline: If I'm about to judge, I can choose not to; if I'm about to focus on someone's mistakes, I can choose to think mercifully; if I'm about to act out of a weakness, I can choose to be strong.

SOUL

soul

essence, afterlife, being, conscience, energy, spirit

1. The spirit or essence of a person usually thought to consist of one's thoughts, personality, and deeds. Often believed to live on after the person's death.

2. The spirit or essence of something.

Our soul is like a candle—how long it burns after we die depends on if it's relit by those we leave behind. For example, the souls of Michael Faraday, James Maxwell, Isaac Newton, Dimitri Mendeleev, and Albert Einstein are immortal, for their candles are re-lit everyday by school children, teachers, professors, engineers, scientists, inventors, and admirers. That is their reward for service to Humanity; that is their continued existence after death. They have left their essence on Humanity.

Our contribution need not be on such a grand scale for our soul to endure. Good community work, empowering others, and raising responsible children will ensure that our candle stays lit after we've moved on.

Our soul will live on in loved ones and the lives we've empowered.

Every thought, every word, and every deed leave an imprint on our soul. And of those we leave behind. Nature created us, so to destroy Her is to destroy ourself.

There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.

Carl Jung

Our soul, our true self, is the most mysterious, essential, and magical dimension of our being. In fact, it is not a separate reality, as traditional Western thought views it, but the cohesive force that unites our body, heart, and mind. It is not a ghost trapped somehow in the physical machinery of our body but the very essence of our being.

Gabrielle Roth

Just as a mirror, which reflects all things, is set in its own container, so too the rational soul is placed in the fragile container of the body. In this way, the body is governed in its earthly life by the soul, and the soul contemplates heavenly things through faith.

Hildegard of Binden

Heal the soul first; then healing of the mind and body will follow.

Zhi Gang Sha

I am the master of my fate. I am the captain of my soul.

William Ernest Henley

You don’t have a soul. You are a soul. You have a body.

C.S. Lewis

The soul doesn't distinguish between good and bad as much as between what is nutritious and what isn't. Finding the right work is like discovering your own soul in the world.

Thomas Moore

At the end of the day, you will not remember the person with the beautiful face, but you will remember the person with the most beautiful heart and soul.

Naturalopist

The soul is indestructible and its activity will continue through eternity. It is like the sun, which, to our eyes, seems to set at night; but it has in reality only gone to diffuse its light elsewhere.

Johann Goethe

You cannot find your soul with your mind, you must use your heart.

Gary Zukav

If we expended all our energies solely on taking care of our own needs we would stop growing. In that respect what we call “soul” can be viewed as the surplus energy that can be invested into change and transformation. As such, it is the cutting edge of evolution.

Mihaly Csikszentmihalyi

We need silence to be able to touch souls.

Mother Teresa

The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the light of day. The content of your character is your choice. Day by day, what you do is who you become. Your integrity is your destiny—it is the light that guides your way.

Heraclitus

All men's souls are immortal, but the souls of the righteous are immortal and divine.

Socrates

Only when we find the quietness in our own minds can we begin to hear our inner teacher, so that we may receive some intuition. Only when we are ready to recognize and value the wisdom that we carry at the core of our being will we turn our attention inwards and “listen in.” Sit down, be quiet and listen in at some point today and you may be surprised at what you hear. Then do it again tomorrow. All you need to do is remember that you are the listener and not the noise.

Lilly Calandrello

Look carefully around you and recognize the Luminosity of Souls. Sit beside those who draw you to that.

Rumi

To do, is to be.

Socrates

Happiness resides not in possessions, and not in gold, happiness dwells in the soul.

Democritus

Spiritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul.

Mahatma Gandhi

Fear must be entirely banished. The purified soul will fear nothing.

Plotinus

The dream is the small hidden door in the deepest and most intimate sanctum of the soul, which opens to that primeval cosmic night that was soul long before there was conscious ego and will be soul far beyond what a conscious ego could ever reach. The part of the human Self or Soul is not subject to laws of space and time.

Carl Jung

Since love grows within you, so beauty grows. For love is the beauty of the soul.

Saint Augustine

Regarding the afterlife, the soul is the ethereal part of our Being that lives in the memories of those we leave behind. Whether that soul is condemned or praised in the afterlife depends on our karma while we lived.

Trung Nguyen

The soul, like the body, lives by what it feeds on.

Josiah Holland

The soul always knows how to heal itself.
The challenge is to silence the mind.

Caroline Myss

If you don't take risks,
you'll have a wasted soul.

Drew Barrymore

Every book, every volume you see here, has a soul. The soul of the person who wrote it and of those who read it and lived and dreamed with it. Every time a book changes hands, every time someone runs his eyes down its pages, its spirit grows and strengthens.

Carlos Ruiz

My soul is not asleep. It is awake, wide awake. It neither sleeps nor dreams, but watches, its eyes wide open far-off things, and listens at the shores of the great

Antonio Machado

The Human Spirit is stronger than anything that can happen to it.

C.C. Scott

Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.

Paramahansa Yogananda

Live life and share from your heart. Your story will touch and heal souls.

Melody Beattie

It is great wealth to a soul to live frugally with a contented mind.

Lucretius

I have found that among its other benefits, giving liberates the soul of the giver.

Maya Angelou

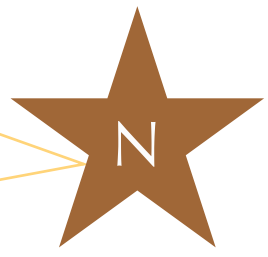
A soul connection is a resonance between two people who respond to the essential beauty of each other's individual natures, behind their facades, and who connect on this deeper level.

John Welwood

Nowhere can man find a quieter or more untroubled retreat than in his own soul.

Marcus Aurelius

You are a powerful, unlimited and eternal soul who is here to enjoy the experience of creativity and contribute to humanity's evolution.

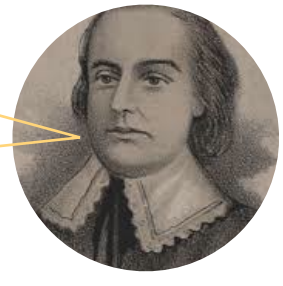


Naturalopist

I think immortality is the passing of a soul through many lives or experiences, and such as are truly lived, used and learned, help on to the next, each growing richer, happier and higher, carrying with it only the real memories of what has gone before.

Louisa May Alcott

The choice that you, as a soul, have in relation to anything is always to be loving. Do you understand that this is the divine purpose, that all of us as humans have been given, to love unconditionally?



John Morton

The body is your temple. Keep it pure and clean for the soul to reside in.

B.K.S. Iyengar

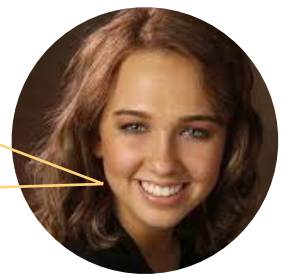
Imagination is the eye of the soul.

Joseph Joubert

In Nature, trees, flowers, and grass grow in silence.
We need silence to be able to touch souls.

Wilbur Pierce

No matter what happens around us, or to us, through love, our soul reaches immortality, conquering all dimensions and all destinies.



Akiane Kramarik

And the more souls who resonate together the greater the intensity of their love and, mirror-like, each soul reflects the other.

Dante Alighieri

The beauty of a woman is not in a facial mode but the true beauty in a woman is reflected in her soul. It is the caring that she lovingly gives the passion that she shows. The beauty of a woman grows with the passing years.

Audry Hepburn

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

Swami Vivekananda

You have the need and the right to spend part of your life caring for your soul. It is not easy. You have to resist the demands of the work-oriented, often defensive, element in your psyche that measures life only in terms of output—how much you produce—not in terms of the quality of your life experiences. To be a soulful person means to go against all the pervasive, prove-yourself values of our culture and instead treasure what is unique and internal and valuable in yourself and your own personal evolution.

Jean Shinoda Bolen

Your own soul is nourished when you are kind; it is destroyed when you are cruel.

King Solomon

By all means use some time to be alone, salute thyself, see what thy soul doth wear.

George Herbert

Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter, so that the world will be at least a little bit different for our having passed through it. What frustrates us and robs our lives of joy is this absence of meaning. Does our being alive matter?

Harold S. Kushner

Love is the vital essence that pervades and permeates, from the center to the circumference, the graduating circles of all thought and action. Love is the talisman of human weal and woe—the open sesame to every soul.

Elizabeth Cady

Meditation is the life of the soul: Action, the soul of meditation. and honor the reward of action.

Francis Quarles

Character is higher than intellect. A great soul will be strong to live as well as think.

Ralph Waldo Emerson

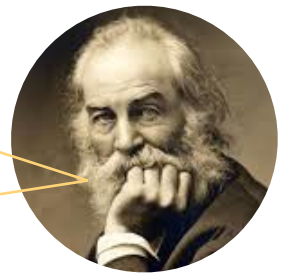
From the very beginning you are being told to compare yourself with others. This is the greatest disease; it is like a cancer that goes on destroying your very soul because each individual is unique, and comparison is not possible. I am just myself and you are just yourself. There is nobody else in the world you can be compared with.

Osho

Give yourself the gift of time in coming to answers for your life. It takes time, and a lot of introspection and soul-searching, to get clear about what you really want to manifest in your life.

David Emerald

Let your soul stand cool and composed before a million universes.



Walt Whitman

It is not your outward appearance that you should beautify, but your soul, adorning it with good works.

Clement of Alexandria

The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us.

Black Elk

N

You find your soul when you find your passion in life.

Naturalopist

The soul is placed in the body like a rough diamond, and must be polished, or the luster of it will never appear.

Daniel Defoe

Cherish your visions and your dreams as they are the children of your soul, the blue-prints of your ultimate achievements.

Napoleon Hill

Without work, all life goes rotten. But when work is soulless, life stifles and dies.

Albert Camus

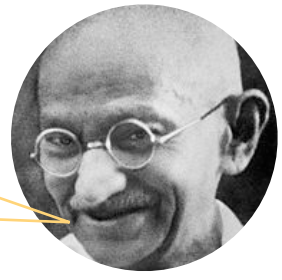
Because to influence a person is to give him one's own soul. He does not think his natural thoughts, or burn with his natural passions. His virtues are not real to him. His sins, if there are such things as sins, are borrowed. He becomes an echo of some one else's music, an actor of a part that has not been written for him. The aim of life is self-development. To realize one's nature perfectly—that is what each of us is here for. People are afraid of themselves, nowadays. They have forgotten the highest of all duties, the duty that one owes to oneself. Of course they are charitable. They feed the hungry, and clothe the beggar. But their own souls starve, and are naked. Courage has gone out of our race. Perhaps we never really had it. The terror of society, which is the basis of morals, the terror of God, which is the secret of religion—these are the two things that govern us.

Oscar Wilde

Courage is the price that Life exacts for granting peace, The soul that knows it not, knows no release from little things.

Amelia Earhart

A nation's culture resides in the hearts and in the soul of its people.



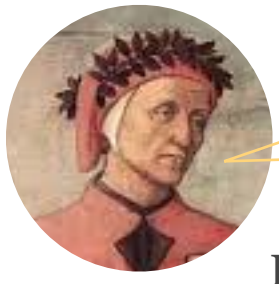
Mahatma Gandhi

Every thought, every word, and every deed leave an imprint on our soul.

Trung Nguyen

Music in the soul can be heard by the universe.

Lao Tzu



Beauty awakens the soul to act.

Dante Alighieri

NATURE

nature

animals, plants, sunlight, air, water, sky, lakes, oceans, mountains, life, agriculture, permaculture, environment, cosmos, origin

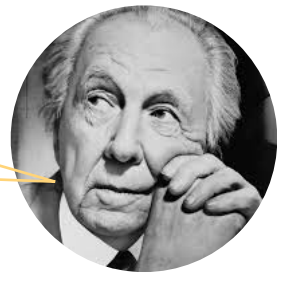
1. The natural world, consisting of all things unaffected by or predating human technology, production, and design.

Our nature is not aligned with Nature—this is the source of Humanity's suffering. Our wants immeasurably exceed our needs; we take more from the earth than we put back in it. Nature designed Earth to be sustainable and self-sufficient, but humankind has demolished this ecosystem with its greed. What took Nature hundreds of millions of years to create is now damaged in a span of a few years, and some of these damages are irreversible. The contaminated water, polluted air, and toxic soil are the result of Humanity's contempt for Nature's Laws. The consequences of this disconnect between our nature and Nature is most evident in increased illness, disease, and the deteriorating environment.

Nature creates. Nature nourishes. Nature heals.

So should we. To be in agreement with Nature, our lifestyle should be sustainable, our body nourished by substances from Nature, and our body permeated with Nature. That is, meet our needs and reduce our wants, eat only food that Nature has created; and enjoy the sunlight, fresh air, water, and blue sky everyday. Those are a few ways to permeate our body with Nature.

I believe in God, only I spell it Nature.



Frank Lloyd Wright

Forests, lakes, and rivers, clouds and winds, stars and flowers, stupendous glaciers and crystal snow-flakes—every form of animate or inanimate exis-tence, leaves its impress upon the soul of man.

Orison Swett Marden

Luxurious food and drinks in no way protect you from harm. Wealth, beyond what is natural is of no more use than an over-flowing container. Nothing is enough for the man to whom enough is too little. Real value is not generated by theaters, and baths, perfumes or ointments, but by philosophy.

Epicurus

I am pessimistic about the human race because it is too ingenious for its own good. Our approach to nature is to beat it into submission. We would stand a better chance of survival if we accommodated ourselves to this planet and viewed it appreciatively instead of skeptically and dictatorially.

Rachel Carson

All truly great thoughts are conceived while walking.

Friedrich Nietzsche

The more clearly we can focus our attention on the wonders and realities of the universe about us the less taste we shall have for the destruction of our race. Wonder and humility are wholesome emotions, and they do not exist side by side with a lust for destruction.

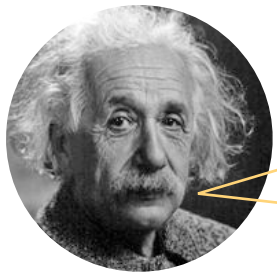
Rachel Carson

The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.

Alfred Austin

But man is a part of nature, and his war against nature is inevitably a war against himself.

Rachel Carson



Look deep into Nature, and then you will understand everything better.

Albert Einstein

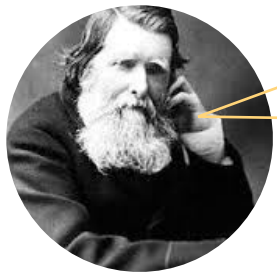
Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

John Lubbock

Within the laws of Nature, nothing is too wonderful to be true.

Michael Farady

Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather.



John Ruskin

Those who contemplate the beauty of the Earth find reserves of strength that will endure as long as life lasts.

Rachel Carson

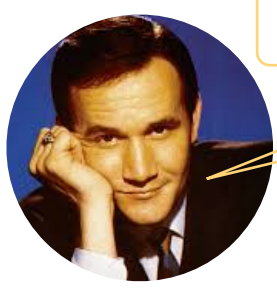
The beauty of the natural world lies in the details.

Natalie Angier

To stand at the edge of the sea, to sense the ebb and flow of the tides, to feel the breath of a mist moving over a great salt marsh, to watch the flight of shore birds that have swept up and down the surf lines of the continents for untold thousands of years, to see the running of the old eels and the young shad to the sea, is to have knowledge of things that are as nearly eternal as any earthly life can be.

Rachel Carson

Some people walk in the rain, others just get wet.



Roger Miller

Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.

Rachel Carson

Our challenge isn't so much to teach children about the natural world, but to find ways to nurture and sustain the instinctive connections they already carry.

Terry Krautwurst

At some point in life, the world's beauty becomes enough.

Toni Morrison

In every walk with nature one receives far more than he seeks.

John Muir

Now I see the secret of the making of the best persons: It is to grow in the open air and to eat and sleep with the earth.

Walt Whitman

In all things of nature there is something of the marvelous.

Aristotle

True nature, the Essence of the soul, is valuable, is worthy of appreciation of love, not because it gives her something, not because it adds to her, not because it liberates her, but because it is beautiful. Its value is in its beauty and perfection. Its truth is its value, and this truth is the essence of all beauty. The beauty of a form turns out to be this transparency to true nature. The more a manifest form expresses and embodies true nature with its timeless features, the more the eyes of the soul behold it as beautiful. Beauty is a reflection of truth, and is ultimately true nature. And the dimension of true nature that reveals this essential beauty is that of divine love.

Hameed Ali

Rachel Carson

In nature nothing exists alone.

Never does nature say one thing and wisdom another.

Juvenal

It is a wholesome and necessary thing for us to turn again to the earth and in the contemplation of her beauties to know the sense of wonder and humility.

Rachel Carson

John Muir

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.

Nature is an infinite sphere whose center is everywhere and circumference nowhere.

Blaise Pascal

Just living is not enough. One must have sunshine, freedom, and a little flower.

Hans Christian Andersen

Time destroys the speculation of men, but it confirms the judgement of nature.

Cicero

Now if I do anything it is to tune souls instead of instruments. To harmonize people instead of notes. If there is anything in my philosophy, it is the law of harmony: that one must put oneself in harmony with oneself and with others.

Hazrat Inayat

In a moment the ashes are made, but a forest is a long time growing.

Seneca

To sit in the shade on a fine day and look upon verdure is the most perfect refreshment.

Jane Austen

Nature does not hurry, yet everything is accomplished.

Lao Tzu

To me a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.

Helen Keller

Climb up on some hill at sunrise. Everybody needs perspective once in a while, and you'll find it there.

Robb Sagendorph

Nature uses only the longest threads to weave her patterns, so that each small piece of her fabric reveals the organization of the entire tapestry.

Richard Feynman

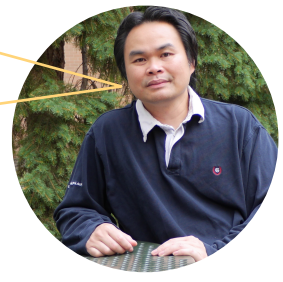
One touch of nature makes the whole world kin.

William Shakespeare

Dale Carnegie

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today.

The best way to touch Nature is a 40 minute walk everyday. The sunlight, fresh air, blue sky, and bird chirps permeate the body and invigorate the mind.



Trung Nguyen

The fairest thing in nature, a flower,
still has its roots in earth and manure.

D. H. Lawrence

A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor—such is my idea of happiness.

Leo Tolstoy

May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view.

Edward Abbey

The wilderness holds answers to questions man has not yet learned to ask.

Nancy Newhall

In the spring, at the end of the day,
you should smell like dirt.

Margaret Atwood

To harmonize with the surrounding scenery, to enter into the spirit of the landscape, in the highest beauty of domestic building.

J.J. Thomas

To see things in the seed, that is genius.

Lao Tzu

The hum of bees is the voice of the garden.

Elizabeth Lawrence

In seed time learn, in harvest teach,
in winter enjoy.

William Blake

We have become great because of the lavish use of our resources. But the time has come to inquire seriously what will happen when our forests are gone, when the coal, the iron, the oil and the gas are exhausted.

Theodore Roosevelt

Today I have grown taller from
walking with the trees.

Karle Wilson Baker

Despite the forecast, live like it’s spring.

Lilly Pulitzer

We are the product of Nature. She designs, creates, and recycles with no waste. In health, philosophy, design, business, and time, Her guidelines should be our guidelines.

Trung Nguyen

Earth and sky, woods and fields, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books.

John Lubbock

I’ve loved the stars too fondly to be fearful of the night.

Galileo Galilei

In the depth of winter I finally learned that there was in me an invincible summer.

Albert Camus

Wherever you go, no matter what the weather, always bring your own sunshine.

Anthony J. D'Angelo

Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains.

Diane Ackerman

Earth laughs in flowers.

Ralph Waldo Emerson

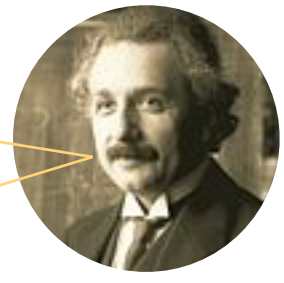
Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby.

Langston Hughes

I felt my lungs inflate with the onrush of scenery—air, mountains, trees, people. I thought, “This is what it is to be happy.”

Sylvia Plath

A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.



Albert Einstein

Time spent amongst trees is never wasted time.

Katrina Mayer

Every flower is a soul blossoming in nature.

Gerard De Nerval

Adopt the pace of nature: her secret is patience.

Ralph Waldo Emerson

Turn your face to the sun and the shadows fall behind you.

Maori Proverb

Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from.

Terry Tempest Williams

There is a pleasure in the pathless woods,

There is a rapture on the lonely shore,

There is society, where none intrudes,

By the deep sea, and music in its roar:

I love not man the less, but Nature more

George Gordon Byron

TO EVERYTHING THERE IS A SEASON

To everything there is a season
A time for every purpose under Heaven

A time to be born
and a time to die
A time to plant
and a time to pluck what is planted

A time to kill
and a time to heal
A time to break down
and a time to build up

A time to cast away stones
and a time to gather stones
A time to embrace
and a time to refrain from embracing

A time to gain
and a time to lose
A time to keep
and a time to cast away

A time to tear
and a time to sew
A time to keep silence
and a time to speak

A time of love
and a time of hate
A time of war
and a time of peace

Ecclesiastes 3:1-8

RELIGION

religion

cult, mythology, secularism, superstition, piety, supernatural, segregation, division

1. The belief in and worship of a supernatural controlling power, especially a personal god or gods.

2. A particular system of faith and worship based on unproven methodologies; lacking empirical evidence; blind faith.

The wise among us are born twice; the second time by Enlightenment and Nature. Ever since time immemorial, every civilization has attempted to answer the six meta-physical questions of existence:

1. Where did we come from?
2. What is our purpose in life?
3. Why do bad things happen to us?
4. Is there a god?
5. Are we alone in the Universe?
6. What happens to us after we die?

In answering these existential questions, our ancestors, lacking basic knowledge of science and collective knowledge, went to great lengths to create elaborate myths and fables. It is not a coincidence that most religions are based on an omnipotent deity residing on mountaintops or in the clouds. The reason that most religions share the same themes is because they "borrowed" ideas from one another, akin to how different languages share a similar alphabet and syntax. Despite advances in technology and science that disprove religion, billions of people still believe what our ancestors believed 6,000 years ago.

The average religious person reads about 500 pages of text that have little to do with the modern world. This indoctrination stunts the intellectual growth of many adherents and blunts them with a false worldview. Religion is not required for a spiritual life, we can attain spirituality through personal experience and the collective wisdom of Humanity.

For millennia, religion taught us that:

- the Sun revolved around the Earth
- the Earth was flat
- god created the Earth in 6 days
- the Earth was about 6,000 years old
- Earth's population was seeded by Adam and Eve in a corner of the Middle East

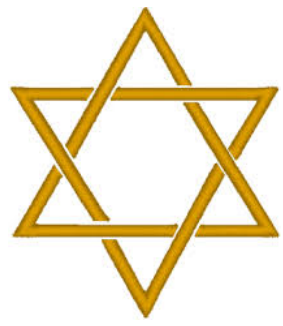
All of which have been proven to be incorrect.

The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past all believed in gods. We now know that those gods were fabricated by our unenlightened ancestors. If we are to take our place among the stars, it is time we abandon our gods and put our faith in a united Humanity. The achievements of Humanity are for us to celebrate, there is no need to attribute them to anyone else.

Humans are not sinners. We make mistakes. The wise among us learn from them and move on.

Symbols of Oppression, Division, and Conflict

The cross of Jesus Christ, the star of David, and the star and crescent of Islam—nonsense, nonsense, nonsense…in perpetual conflict over myths and fables.



Three Religions, One Root, Different Beliefs, Dozens of Sects…In Perpetual Conflict

	CHRISTIANITY	JUDAISM	ISLAM
Years Old	**2,000 - 2,400**	**3,300 - 6,000**	**1,500**
Old Testament	Yes	Yes	Yes
New Testament	Yes	No	Yes
Torah	No	Yes	Yes
Quran	No	No	Yes
Adam & Eve	Yes	Yes	Yes
Abraham	Yes	Yes	Yes
Moses	Yes	Yes	Yes
Noah	Yes	Yes	Yes
Jesus Christ	Yes	No	Yes
Muhammad	No	No	Yes
Buddha	No	No	Yes

Although Islam acknowledges the other faiths, Muslims strictly adhere to the teachings of the Quran. If there is a conflict between ideologies, the word of the Quran is final. The original Jewish Semites and Arab Semites are genealogically related, sharing the same parental lineage. Most of the violence and perpetual conflict between the two peoples can be attributed to religion—their outdated belief systems in Judaism and Islam.

The Earth is not 6, 000 - 10,000 years old as these religions believe, but it is over 13.7 billion year old. Religion is oppression, division, and conflict.

Religion is regarded by the common people as true, by the wise as false, and by the rulers as useful.

Seneca

Religion has convinced people that there's an invisible man living in the sky who watches everything you do every minute of every day. And this invisible man has a list of ten specific things he doesn't want you to do. And if you do any of these things, he will send you to a special place, of burning and fire and smoke and torture and anguish for you to live forever, and suffer, and suffer, and burn, and scream, until the end of time. But he loves you. He loves you. He loves you and he needs money.

George Carlin

We must question the story logic of having an all-knowing all-powerful God, who creates faulty Humans, and then blames them for his own mis-

Gene Roddenberry

God: The most popular scapegoat for our sins.

Mark Twain

Religion is excellent stuff for keeping common people quiet. Religion is what keeps the poor from murdering the rich.

Napoleon Bonaparte

You're basically killing each other to see who's got the better imaginary friend.

Richard Jeni

Religion is an insult to human dignity. With or with-out religion, you would have good people doing good things and evil people doing evil things. But for good people to do evil things, that takes religion.

Steve Weinberg

George Bush says he speaks to god every day, and Christians love him for it. If George Bush said he spoke to god through his hair dryer, they would think he was mad. I fail to see how the addition of a hair dryer makes it any more absurd.

Sam Harris

Religion is the masterpiece of the art of animal training, for it trains people as to how they shall think.

Arthur Schopenhauer

Don't pray in my school, and I won't think in your church.

Naturalopist

There has been an acceptance over the years that priests having sex with boys is not breaking celibacy. Churches are psychologically attractive to sex offenders because they can ask for forgiveness one day and offend again on another day. There was one priest in Victoria who admitted when caught that he had confessed 200 times and nobody had reported him, because priests are not allowed to report anyone who confesses in a confessional.

Freda Briggs

Two hands working can do more than a thousand clasped in prayer.

Naturalopist

I do not feel obliged to believe that the same good who has endowed us with senses, reason, and intellect has intended us to forgo their use.

Galileo

By ethical conduct toward all creatures, we enter into a spiritual relationship with the universe.

Albert Schweitzer

Study one religion and you'll be hooked for life.
Study two religions and you're done in an hour.

Naturalopist

If you could reason with religious people, there would no religious people.

Dr. House, *House*

There once was a time when all people believed in God and the church ruled. This time was called the Dark Ages.

Richard Lederer

Anyone who thinks sitting in church can make you a Christian must also think that sitting in a garage can make you a car.

Garrison Keillor

All religions are riddled with scientific errors and historical inaccuracies, most so glaring that even high school students can identify them. Yet many adults refuse to accept the fact that religion financially benefits those who propagate it.

Trung Nguyen

When you understand why you dismiss all the other gods, you will understand why I dismiss yours.

Stephen Roberts

It is difficult to free fools from the chains they revere.

Voltaire

Why does it not say anywhere in the Bible that slavery is wrong? How is it possible that it is not immoral to own another person? Why isn't that one of the Ten Commandments, "Thou shall not own another person"?

Mira Sorvino

If God did not exist, it would be necessary to invent him.

Voltaire

You don't need religion to have morals. If you can't determine right from wrong, then you lack empathy, not religion.

Randy Walker

There is no other life; life itself is only a vision and a dream for nothing exists but space and you. If there was an all-powerful God, he would have made all good, and no bad.

Mark Twain

All bibles are man-made.

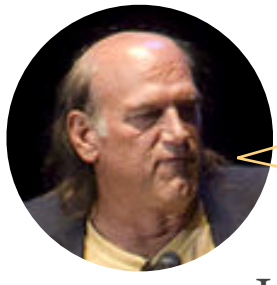
Thomas Edison

When I was a kid I had an imaginary friend and I used to think that he went everywhere with me, and that I could talk to him and that he could hear me, and the he could grant me wishes and stuff. And then I grew up, and I stopped going to church.

Jimmy Carr

The Dark Ages started with the burning of one library.

Naturalopist



Organized religion is a sham and a crutch for weak-minded people.

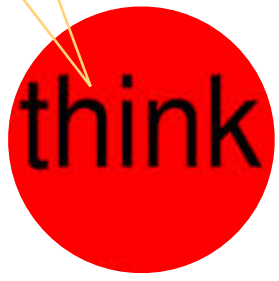
Jesse Ventura

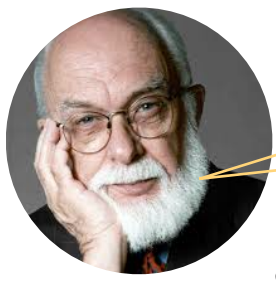
I have never seen the slightest scientific proof of the religious theories of heaven and hell, of future life for individuals, or of a personal God.

Thomas Edison

Religion is for ignorant or intellectually lazy people who refuse to spend the energy to discern how the world works. It's much easier to assign blame to a non-existent entity than to contemplate cause and effect.

Naturalopist

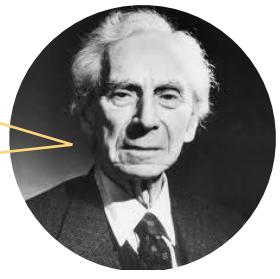




No amount of belief makes something a fact.

James Randi

And if there were a God, I think it very unlikely that He would have such an uneasy vanity as to be offended by those who doubt His existence.



Bertrand Russell

My favorite part of the Bible is when god gives people free will and then kills everyone, except Noah's family, with a flood for not acting the way he wanted.

Naturalopist

The church says the earth is flat, but I know that it is round, for I have seen the shadow on the moon, and I have more faith in a shadow than in the church.

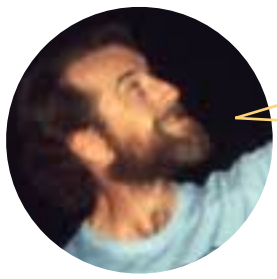
Ferdinand Magellan

A celibate clergy is an especially good idea, because it tends to suppress any hereditary propensity toward fanaticism.

Carl Sagan

It’s an incredible con job when you think about it, to believe something now in exchange for something after death. Even corporations with their reward systems don’t try to make it posthumous.

Gloria Steinem



I'm completely in favor of the separation of Church and State. These two institutions screw us up enough on their own, so both of them together is certain death.

George Carlin

A man's ethical behavior should be based effectually on sympathy, education, and social ties and needs; no religious basis is necessary. Man would indeed be in a poor way if he had to be restrained by fear of punishment and hope of reward after death.

Albert Einstein

I think the world needs to wake up from its long nightmare of religious belief; and anything that we scientists can do to weaken the hold of religion should be done, and may in fact be our greatest contribution to civilization.

Steve Weinberg

Where knowledge ends, religion begins.

Benjamin Disraeli

Take from the church the miraculous, the supernatural, the incomprehensible, the unreasonable, the impossible, the unknowable, the absurd, and nothing but a vacuum remains.

Robert G. Ingersoll

The most ridiculous concept ever perpetrated by Homo Sapiens is that the Lord God of Creation, Shaper and Ruler of the Universes, wants the saccharine adoration of his creations, that he can be persuaded by their prayers, and becomes petulant if he does not receive this flattery. Yet this ridiculous notion, without one real shred of evidence to bolster it, has gone on to found one of the oldest, largest and least productive industries in history.

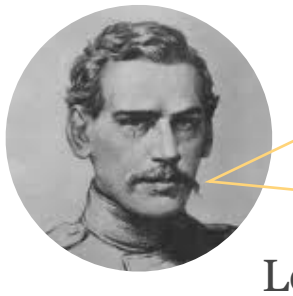
Robert Heinlein

Men never do evil so completely and cheerfully as when they do it from religious conviction.

Blaise Pascal

Nothing can be more contrary to religion and the clergy than reason and common sense.

Voltaire



We have become so accustomed to the religious lie that surrounds us that we do not notice the atrocity, stupidity and cruelty with which the teaching of the Christian church is permeated.

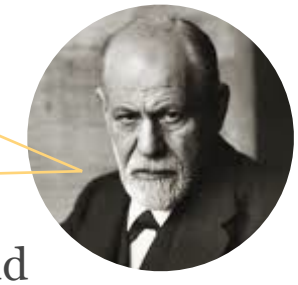
Leo Tolstoy

I have recently been examining all the known superstitions of the world, and do not find in our Christian superstition one redeeming feature. They are all alike, founded upon fables and mythologies.

Thomas Jefferson

Religion comprises a system of wishful illusions together with a disavowal of reality, such as we find in an isolated form nowhere else but in amentia, in a state of blissful hallucinatory confusion.

Sigmund Freud



Religious creeds encourage some of the craziest kinds of thoughts, emotions, and behaviors and favor severe manifestations of neurosis, borderline personality states, and sometimes even psychosis.

Albert Ellis

I believe that religion, generally speaking, has been a curse to mankind.

Henry Mencken

Not material or economic conditions in the ordinary sense, but perverse religious ideas explain the suspension of civilization in Europe from the 5th to the 12th century, and in the Mohammedan world after the 15th century.

Joseph McCabe

The man who is always worrying about whether or not his soul would be damned generally has a soul that isn't worth a damn.

Oliver Wendell Holmes, Sr.

Man is the religious animal. He is the only religious animal. He is the only animal that has the True Religion–several of them. He is the only animal that loves his neighbor as himself and cuts his throat, if his theology isn't straight. He has made a graveyard of the globe in trying his honest best to smooth his brother's path to happiness and heaven.

Mark Twain

I consider Christian theology to be one of the greatest disasters of the human race.

Alfred North Whitehead

Religion is fundamentally opposed to everything I hold in veneration—courage, clear thinking, honesty, fairness, and, above all, love of the truth.

Henry Mencken

Thomas Edison

So far as the religion of the day is concerned, it is a damned fake. Religion is all bunk.

Science is the key to our future, and if you don't believe in science, then you're holding everybody back.

Bill Nye

If you belonged to a political party or a social club that was tied to as much bigotry, misogyny, homophobia, violence, ethnic cleansing, and sheer ignorance as religion is, you'd resign in protest.

Bill Maher

Religion segregates people. It turns people against one another. It is the most savage form of ignorance and mental control.

Trung Nguyen

Is god willing to prevent evil, but not able? Then he is not omnipotent.

Is he able, but not willing? Then he is malevolent.

Is he both able and willing? Then whence cometh evil?

Is he neither able nor willing? Then why call him god?

Epicurus

Those who can make you believe in absurdities, can make you commit atrocities.

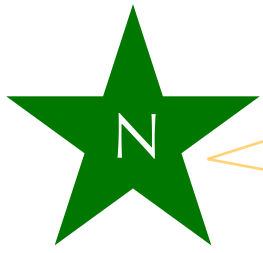
Voltaire

After you understand a bit of science, history, and philosophy, give yourself a good laugh by reading the Bible or any religious textbook. It should be considered a book of rowdy comedy based on the inconsistencies, contradictions, and absurdities.

Trung Nguyen

What's wrong with religion? It's mass delusion. Anytime you have mass delusion, bad things follow.

Bill Maher



I used to think that God created science. But then one day I woke up and realized that I could not prove God existed using science. Therefore, science cannot be dependent on something that science cannot prove. If it can't be proven, it is just an unproven theory. So, science must stand alone. People invented God.

Naturalopist

It’s easier to fool people than to convince them they have been fooled.

Mark Twain

If the gods listened to the prayers of men, all humankind would quickly perish since they constantly pray for many evils to befall one another.

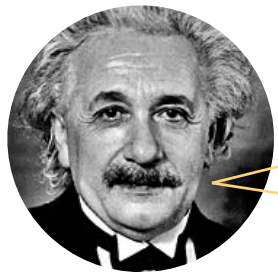
Epicurus

Religion is a belief in someone else’s experience. Spirituality is having your own experience.

Deepak Chopra

Ingenuity is evident in every person, but stupidity is encapsulated in religion. The Christian, Jew, and Muslim are like children fighting each other to be the favourite of their parents. For millennia, each one has believed they’re the chosen one. The only problem is god doesn’t exist, at least not the one conjured by humans who lived in mud huts.

Trung Nguyen



The word god is for me nothing more than the expression and product of human weakness. The Bible is a collection of honorable, but still primitive legends which are nevertheless pretty childish. No interpretation no matter how subtle can change this.

Albert Einstein

We keep on being told that religion, whatever its imperfections, at least instills morality. One very side, there is conclusive evidence that the contrary is the case and that faith causes people to be more mean, more selfish, and perhaps above all, more stu-

Christopher Hitchens

Every religious person is a terrorist—intellectual terrorist hindering humanity.

Trung Nguyen

I cannot believe in a God who wants to be praised all the time.

Friedrich Nietzsche

I don't believe in God. My god is patriotism. Teach a man to be a good citizen and you have solved the problem of life.

Andrew Carnegie

What can be asserted without evidence can also be dismissed without evidence.

Christopher Hitchens

One of the complaints leveled against me is, "Oh, Bill, you're such a meanie. Why do you have to go after religion? It gives people comfort; it doesn't hurt anything."

Okay, well, other than most wars, the Crusades, the Inquisition, 9/11, arranged marriages to minors, the suppression of women and homosexuals, fatwas, ethnic cleansing, honor rape, human sacrifice, burning witches, suicide bombings, condoning slavery, systematic pedophelia, suppression of knowledge and science. There are a few little things I have a problem with.

Bill Maher

Trung Nguyen

If you need to believe in someone, believe in yourself.

THE DARK AGES

When the churches literally ruled society, the human drama encompassed:

(a) slavery
(b) the cruel subjection of women
(c) the most savage forms of legal punishment
(d) the absurd belief that kings ruled by divine right
(e) the daily imposition of physical abuse
(f) cold heartlessness for the sufferings of the poor
(g) as well as assorted pogroms ("ethnic cleansing" wars) between rival religions, capital punishment for literally hundreds of offenses, and countless other daily imposed moral outrages.

It was the free-thinking, challenging work by people of conscience, who almost invariably had to defy the religious and political status quo of their times, that brought us out of such darkness.

Steve Allen

RELIGION IS BULLSHIT

In the bullshit department, a businessman can’t hold a candle to a clergyman. I gotta tell you the truth, folks. I gotta to you the truth. When it comes to bullshit, big-time, major league bullshit, you have to stand in awe of the all-time champion of false promises and exaggerated claims: religion.

No contest. No contest. Religion. Religion easily has the greatest bullshit story ever told. Think about it. Religion has actually convinced people that there's an invisible man living in the sky who watches everything you do, every minute of every day. And the invisible man has a special list of ten things he does not want you to do. And if you do any of these ten things, he has a special place, full of fire and smoke and burning and torture and anguish, where he will send you to live and suffer and burn and choke and scream and cry forever and ever until the end of time! But He loves you.

He loves you, and He needs money! He always needs money! He's all-powerful, all-perfect, all-knowing, and all-wise, somehow just can't handle money! Religion takes in billions of dollars, they pay no taxes, and they always need a little more. Now, you talk about a good bullshit story. Holy Shit!

So rather than be just another mindless religious robot, mindlessly and aimlessly and blindly believing that all of this is in the hands of some spooky incompetent father figure who doesn't give a shit, I decided to look around for something else to worship. Something I could really count on.

And immediately, I thought of the sun. Happened like that. Overnight I became a sun-worshipper. Well, not overnight, you can't see the sun at night. But first thing the next morning, I became a sun-worshipper. Several reasons. First of all, I can see the sun, okay? Unlike some other gods I could mention, I can actually see the sun. I'm big on that. If I can see something, I don't know, it kind of helps the credibility along, you know? So everyday I can see the sun, as it gives me everything I need; heat, light, food, flowers in the park, reflections on the lake, an occasional skin cancer, but hey. At least there are no crucifixions, and we're not setting people on fire simply because they don't agree with us.

Sun worship is fairly simple. There's no mystery, no miracles, no pageantry, no one asks for money, there are no songs to learn, and we don't have a special building where we all gather once a week to compare clothing. And the best thing about the sun, it never tells me I'm unworthy. Doesn't tell me I'm a bad person who needs to be saved. Hasn't said an unkind word. Treats me fine. So, I worship the sun. But, I don't pray to the sun. Know why? I wouldn't presume on our friendship. It's not polite.

I've often thought people treat God rather rudely, don't you? Asking trillions and trillions of prayers every day. Asking and pleading and begging for favors. Do this, gimme that, I need a new car, I want a better job. And most of this praying takes place on Sunday His day off. It's not nice. And it's no way to treat a friend...

So to get around a lot of this, I decided to worship the sun. But, as I said, I don't pray to the sun.

George Carlin

PRECEPT 6

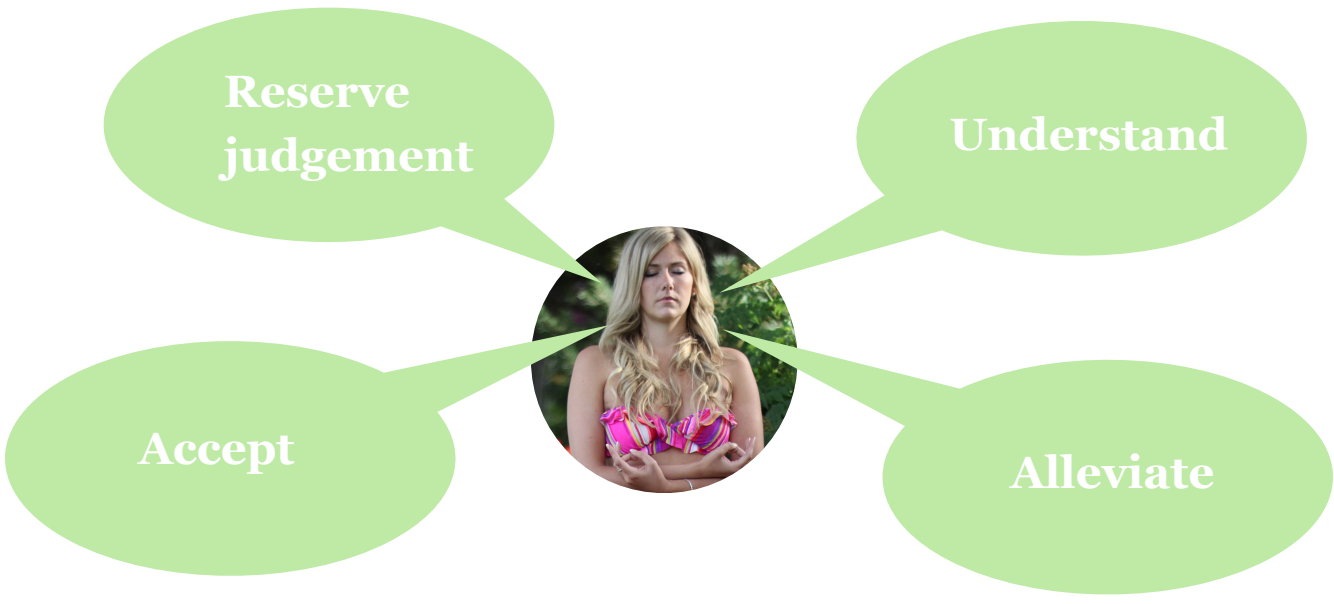
COMPASSION

compassion

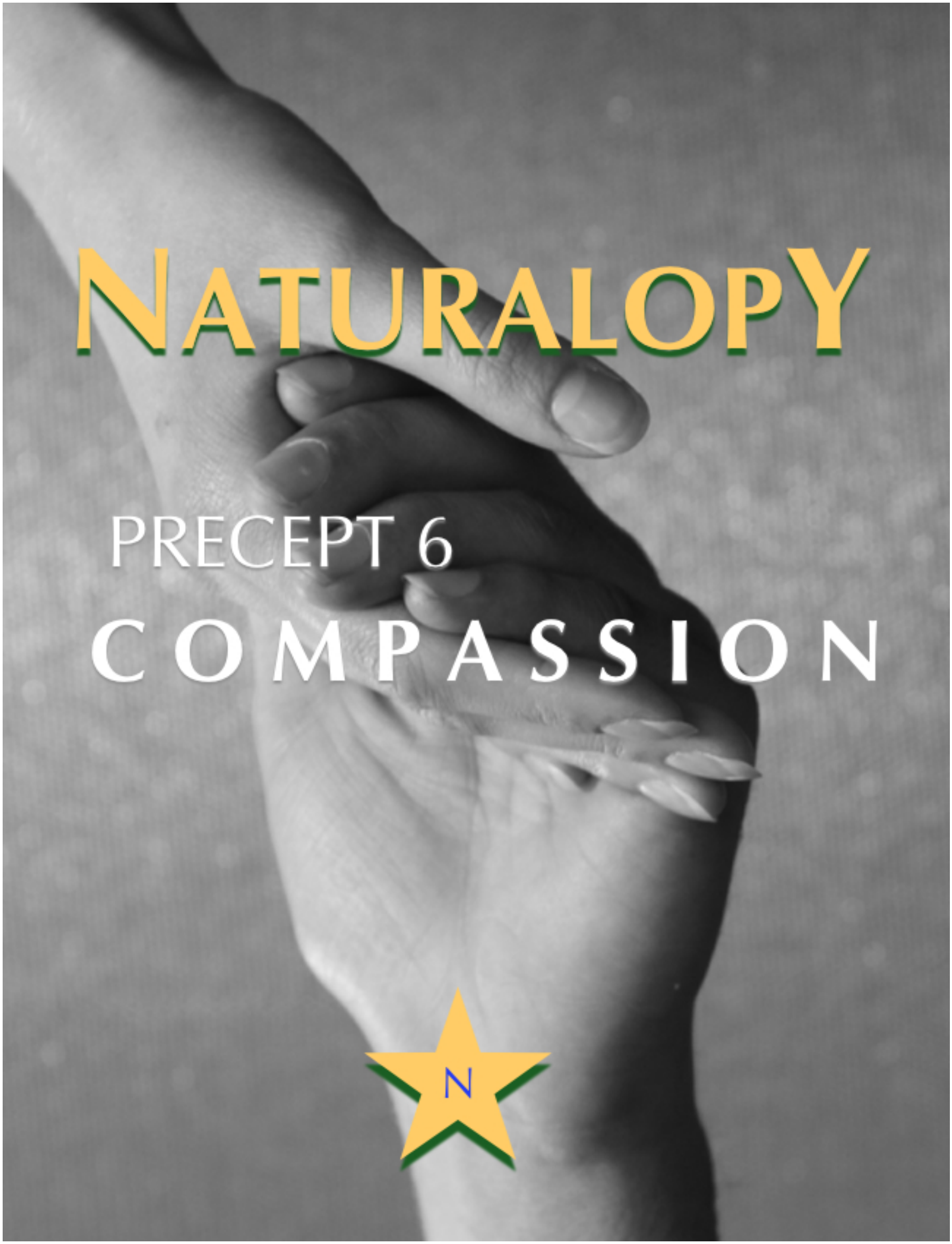
empathy, benevolence, kindness, mercy, sympathy

1. Awareness of another person's suffering and the desire to alleviate it.

If compassion had a mental process, it would be this: reserve judgement, understand, accept, and relieve.



The most difficult part is to understand what someone else is going through if we have not been through the exact experience ourself. However, if we have been a recipient of compassion, then we know how uplifting it is. Therefore, we don't need to exactly understand what someone else is going through to show them compassion. We just need to know that compassion will brighten their spirit. In return, it brightens our spirit.


NATURALOPY
PRECEPT 6
COMPASSION
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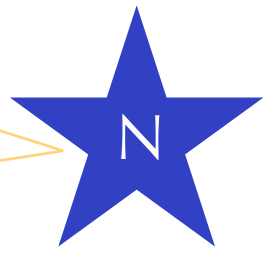
If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.

Dalai Lama XIV

No one cares how much you know,
until they know how much you care.

Theodore Roosevelt

When you find yourself judging someone or something else, ask yourself, “What am I judging inside of me?” Or, “Where do I have that judgement inside of myself?”



Naturalopist

We can never judge the life of others, because each person knows only their own pain and renunciation. It’s one thing to feel that you are on the right path, but it’s another to think that yours is the only path.

Paulo Coelho

What do we live for; if it is not to make life less difficult for each other?

Mary Ann Evans

When we send love in response to hate, we become spiritual alchemists.

Wayne Dyer

You can disagree with someone and still accept their lifestyle. You can love someone even if you disagree with their beliefs.

You can show compassion to someone even if your values are different than theirs.

Naturalopist

A lot of the problems in the world would disappear if we talk to each other instead of about each other.

Motherly Advice

There is a calmness to a life lived in gratitude, a quiet joy.

Ralph H. Blum

Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.

Nelson Mandela

It is not until you become a mother that your judgment slowly turns to compassion and understanding.

Erma Bombeck

If you propose to speak, always ask yourself: Is it true? Is it necessary? Is it kind?

Buddha

Some believe it is only great power that can hold evil in check, but that is not what I have found. I have found that it is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love.

J.R.R. Tolkien

If someone thinks that love and peace is a cliche that must have been left behind in the sixties, that's his problem. Love and peace are eternal.

John Lennon

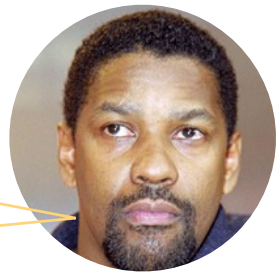
Naturalopist

A child is like a butterfly in the wind. Some can fly higher than others, but each one flies the best it can. Why compare one with another? Each one is different. Each one is special. Each one is beautiful. Each one deserves compassion.

Steve Forbes

You don't have to approve of something that someone does to have compassion and love.

At the end of the day, it's not about what you have or even what you've accomplished. It's about what you've done with those accomplishments. It's about who you've lifted up, who you've made better. It is about what you've given back.



Denzel Washington

Compassion for animals is intimately connected with goodness of character; and it may be confidently asserted that he who is cruel to animals cannot be a good man.

Authur Schopenhauer

Be kind to unkind people. They need it the most.

Naturalopist

We judge what we don't understand.

Naturalopist

You can’t judge people and touch their souls at the same time.

Tama Kievs

Before you accuse me, take a look at yourself.

Eric Clapton

Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.

Patanjali

Every time we think a hateful thought we hurt ourselves.

Marcus Aurelius

The heart is like a garden. It can grow compassion, resentment, or love. What seeds will you plant in your heart?

Buddha

How we treat the vulnerable is how we define ourselves as a species.

Russell Brand

At the end of the day you will not remember the person with the most beautiful face but you will remember the person with the most beautiful heart and soul.

Naturalopist

The highest forms of understanding we can achieve are laughter and human compassion.

Richard Feynman

I'm convinced of this: Good done anywhere is good done everywhere. As long as you're breathing, it's never too late to do some good.

Maya Angelou

Peace has never come from dropping bombs. Real peace comes from enlightenment and educating people to behave more in a divine manner.

Carlos Santana

Our job is not to toughen our children up to face a cruel and heartless world. Our job is to raise children who will make the world a little less cruel and heartless.

L.R. Knost

Being a good person does not depend on your religion, status in life, race, skin colour, political views, or culture. It depends on how you treat others.

Motherly Advice

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because some-day in your life you will have been all of these.

George Washington Carver

Give but don't allow yourself to be used.

Love but don't allow your heart to be abused.

Trust but don't be naive.

Listen to others but don't lose your own voice.

Be compassionate but don't lose yourself.

Naturalopist

Only a life lived for others is a life worthwhile.

Albert Einstein

Some people build houses, while others build people; of the two I would rather be the latter.

Rassool Jibraeel Snyman

People hasten to judge in order not to be judged themselves.

Albert Camus

Few things can help an individual more than to place responsibility on him, and to let him know that you trust him.

Booker T. Washington

Wisdom, compassion, and courage are the three universally recognized moral qualities of men.

Confucius

Man is always inclined to be intolerant towards the thing, or person, he hasn't taken the time adequately to understand.

Robert R. Brown

Compassion will cure more sins than condemnation.

Henry Ward Beecher

All cruelty springs from weakness.

Seneca

A mature person is one who does not think only in absolutes, who is able to be objective even when deeply disturbed emotionally, who has learned that there is good and bad in all people and things, and who walks humbly and deals charitably with circumstances of life.

Eleanor Roosevelt

If you would lift me up you must be on higher ground.

Ralph Waldo Emerson

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

Martin Luther King, Jr.

Make yourself feel special today. Perform a random act of compassion.

Naturalopist

If we can’t actively practice compassion, then the next best thing is: don’t judge. Accept people for who they are and let them be. The adage “It’s not my place to judge” is passive compassion and it provides peace of mind.

Trung Nguyen

If your compassion does not include yourself, it is incomplete.

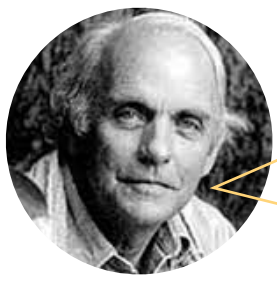
Buddha

When you judge others, you're not defining them. You're defining yourself.

Wayne Dyer

Continue to do little things for others. Those little things may seem small to you but big in the hearts of those who need it most.

Naturalopist



Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

Frederick Buechner

Make no judgments where you have no compassion.

Anne McCaffrey

THE PARADOXICAL COMMANDMENTS

People are illogical, unreasonable, and self-centered.
Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.
Do good anyway.

If you are successful, you will win false friends and true enemies.
Succeed anyway.

The good you do today will be forgotten tomorrow.
Do good anyway.

Honesty and frankness make you vulnerable.
Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.
Think big anyway.

People favor underdogs but follow only top dogs.
Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.
Build anyway.

People really need help but may attack you if you do help them.
Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.
Give the world the best you have anyway.

Kent M. Keith

GRATITUDE

gratitude

appreciation, thankfulness, acknowledgment, obligation, gratefulness

1. The state of being grateful.

2. The state of being thankful and appreciative for one's existence, for being alive with the opportunity to enjoy life, change, and make a difference.

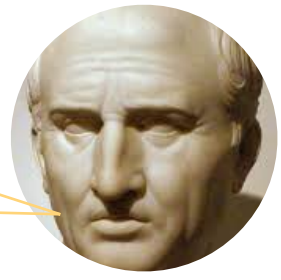
Of all the things we should be grateful for in life, the first is that we actually exist: alive and conscious of the finitesimal to the infinitesimal in the cosmos. To be here and now is a journey of 13.7 billion years in the cosmos—this fact should overshadow every-thing else. Now, think of all the hazards our ancestors (atoms to elements to cells to microbes…eventually to mammals and Homo Sapiens) had to endure for roughly 4.55 billion years on this Earth, to ensure our survival.

Furthermore, let's review the process of conception: when a sperm joins with an egg. There are about 250,000,000 sperms in a male ejaculate. Of those 1/4 billion sperms, only about 100 get a chance to fight to join the egg. Of those 100, only one wins and conceives resulting in a life: YOU.

In addition, think of the diseases, famines, wars, natural disasters, and accidents throughout history that could have ended our lineage or the human race.

In the grand scheme of things, all the pettiness and grudges of daily life are meaning-less—they are clutter and have no value. We are fortunate to be alive and given the op-portunity to love, laugh, and live. Be grateful.

Gratitude is not only the greatest of virtues, but the parent of all others.



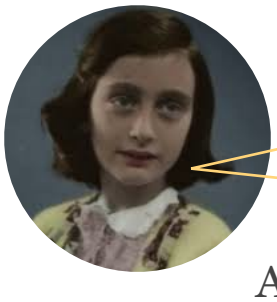
Cicero

Gratitude is an appreciation of your life right now, versus where you want it to be.

Robert Emmons

A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein



No one has ever become poor by giving.

Anne Frank

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey

Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

Voltaire

Live life fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human.

Anthony Robbins

Each person is responsible for their own lot in life, and it is only after we take care of ourself can we hope to succeed in helping others.

Motherly Advice

Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

Ralph Waldo Emerson

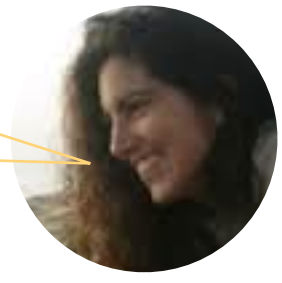
Being a Humanist means trying to behave decently without expectation of rewards or punishment after you are dead.

Kurt Vonnegut

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

I believe our longing for an innate harmony runs deeper than our longing for righteousness.



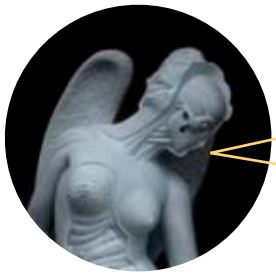
Evelyn Rodriguez

We learned about gratitude and humility—that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean, and we were taught to value everyone's contribution and treat everyone with respect.

Michelle Obama

None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bank-

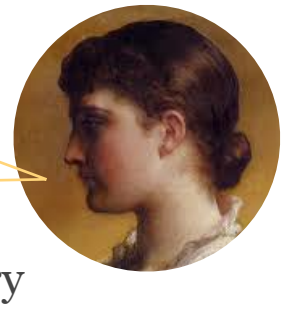
Fred De Witt Van Amburgh



If someone treats you badly, remember that there is something wrong with them, not you. Normal people don’t go around destroying other Human Beings.

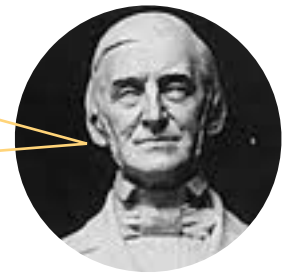
Naturalopist

No person in the world has ever lost anything by being nice to me.



Lillie Langtry

A great man is always willing to be little.

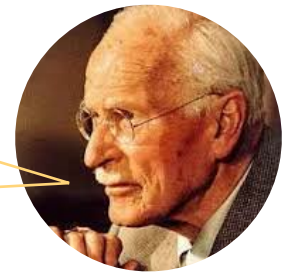


Ralph Waldo Emerson

Appreciate what you have while you still have it because one day you won't.

Robert Tew

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.



Carl Jung

Feeling gratitude and not expressing it is like wrapping a present and not giving it.

William Arthur Ward

If you have nothing to be grateful for, check your pulse.

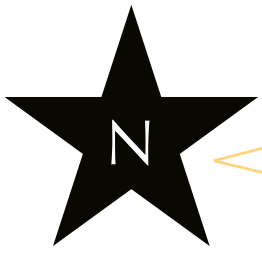
Naturalopist

The more we are concerned for the well-being of others, the closer we will feel to each other.

Dalai Lama XIV

Do good work and let no one hear of it. For me, that is the essence of charity.

Trung Nguyen



Naturalopist

No matter how big your house is, how new your car is, or how big your bank account is, our graves will always be the same size. So, stay humble and be grateful.

TIME TESTED BEAUTY TIPS

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run their fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands,
one for helping yourself,
and the other for helping others.

Sam Levenson

KINDNESS

kindness

benevolence, courtesy, decency, graciousness, goodwill, affection; considerate, helpful

1. The state of being kind.

2. The instance of kind or charitable behavior.

The most important step to kindness is not to judge, but to accept. If we want to change someone or something, do it by example, not judgement. It is human nature to comment, opine, and judge what we don't understand. After all, they are some of the reasons why language was developed. However, in commenting, opining, and judging, we often do so at the expense of another person. Again, the first step to kindness is to be non-judgmental: it is not our place to judge. We do not have the privilege nor the right to judge another person. Most importantly, there is nothing to be gained by judging another person. However, we lose goodwill when we judge. Also, we are often projecting what we see in our own hearts, the qualities we dislike about ourself unto another person when we judge. Leave the judging to the judges and juries. Practice kindness on someone we love, someone we dislike, and someone we're unsure about. Are their responses more or less the same?

Paradoxically, our kindness doesn't start with another person; it starts with ourself. If we are non-judgmental toward ourself, then kindness to others comes naturally. We need to accept ourself—mistakes, faults, warts, baggages, defects, and all before we can extend kindness to others. We can only give to others what we have.

If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

William Penn

My religion is very simple.
My religion is kindness.

Dalai Lama XIV

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.

Harold Kushner

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

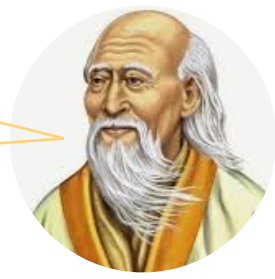
Be kind, for everyone you meet is fighting a hard battle.

Philo

Be kind to people on the way up—you'll meet them again on your way down.

Jimmy Durante

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.



Lao Tzu

Don’t ever mistake my silence for ignorance, my calmness for acceptance and my kindness for weakness.

Naturalopist

No act of kindness, however small, is ever wasted.

Aesop

Kindness gives birth to kindness.

Sophocles

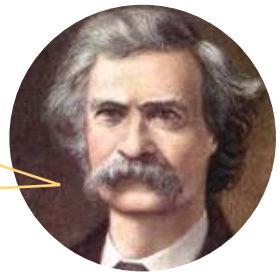
A smile is a curve that sets everything straight.

Phyllis Diller

It’s nice to be important, but it’s more important to be nice.

Naturalopist

Kindness is a language which the deaf can hear and the blind can see.



Mark Twain

Forget injuries,
never forget kindnesses.

Confucius

The world is full of nice people.
If you can’t find one, be one.

Naturalopist

We change the world a little each day with our kindness.

Tom Giaquinto

Kill them with kindness.

Motherly Advice

When I was young, I used to admire intelligent people; as I grow older, I admire kind people.

Abraham Joshua Heschel

If you can’t be nice, be quiet.

Naturalopist

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.

Albert Schweitzer

THE LION AND THE MOUSE

A Lion lay asleep in the forest, his great head resting on his paws.

A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose.

Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

“Spare me!” begged the poor Mouse. “Please let me go and some day I will surely repay you.”

The Lion was much amused to think that a Mouse could ever help him. But he was generous and finally let the Mouse go.

Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roar. The Mouse knew the voice and quickly found the Lion struggling in the net.

Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free.

“You laughed when I said I would repay you,” said the Mouse. “Now you see that even a Mouse can help a Lion.”

Moral: Kindness is never wasted. Kindness begets kindness.

Aesop’s Fable

EMPATHY

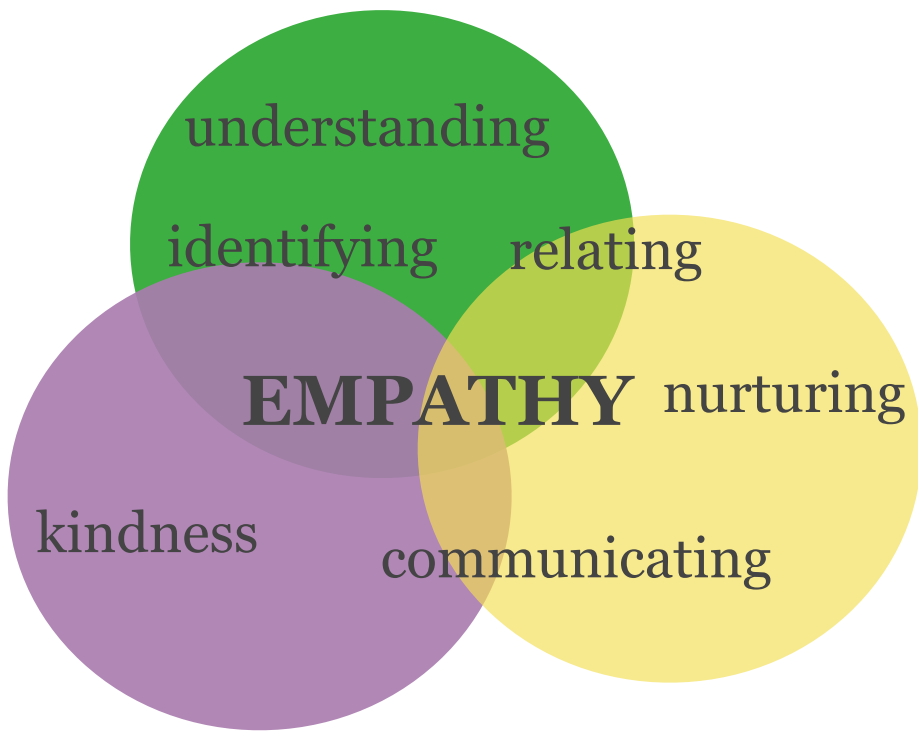
empathy

affinity, insight, pity, understanding, rapport

1. The intellectual identification of the thoughts, feelings, or state of another person.

2. Capacity to understand another person's point of view or the result of such understanding.

Empathy is a subject of its own; it is one of the most important traits of Emotional Intelligence (EI). Empathy encompasses leadership skills, social skills, business skills, and self-improvement skills. Empathy boils down to this: understanding people. Whether it's at work, at home, or in another social setting, we are dealing with people. We need the cooperation of other humans to get things done in life. Therefore, to understand their needs, wants, dreams, and intentions helps us to assess the situation and respond accordingly. Each person is different, therefore we need to respond differently to each one, whether based on their personality type or their needs and wants.



Again, paradoxically, in order to understand other people, we need to first understand ourself. Easier said than done. Put another way: when it comes to blood and money, we are all the same colours (red and green). Often, it's *how* we do things that separates us.

The mastery of empathy can only be achieved by interacting with different people over long periods. So, go ahead, reach out to people of different heritage, backgrounds, genders, and religions to empathize with them. If we interact with different people often enough, we'll find that they are very similar to us. On average, we sleep eight hours a day, work eight ours a day, unwind four hours a day. Therefore, we are 20 / 24 alike.

When people talk, listen completely.
Most people never listen.

Ernest Hemingway

Whenever you feel like criticizing any one, just remember that all the people in this world haven't had the advantages that you've had.

F. Scott Fitzgerald

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these.

Buddha

Help someone, you earn a friend. Help someone too much, you make an enemy.

Erol Ozan

The opposite of anger is not calmness. It's empathy.

Mehmet Oz

If you see someone without a smile, give them one of yours.

Dolly Parton

Self-absorption in all its forms kills empathy, let alone compassion. When we focus on ourselves, our world contracts as our problems and preoccupations loom large. But when we focus on others, our world expands. Our own problems drift to the periphery of the mind and so seem smaller, and we increase our capacity for connection—or compassionate action.

Daniel Goleman

I believe empathy is the most essential quality of civilization.

Roger Ebert

When I get ready to talk to people, I spend two thirds of the time thinking what they want to hear and one third thinking about what I want to say.

Abraham Lincoln

While you were judging others, you left the closet door open and a lot of skeletons fell out. Ooops!

Naturalopist

If you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view, until you climb inside of his skin and walk around in it.

Harper Lee

When you start to develop your powers of empathy and imagination, the whole world opens up to you.

Susan Sarandon

It is not for me to judge another man's life. I must judge, I must choose, I must spurn, purely for myself. For myself, alone.

Hermann Hesse

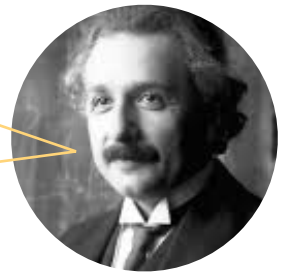
Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.

Alfred Adler

We have two ears and one mouth so that we can listen twice as much as we speak.

Epictetus

Peace cannot be kept by force; it can only be achieved by understanding.



Albert Einstein

There is no greater loan than a sympathetic ear.

Frank Tyger

Leadership is about empathy.

Oprah Winfrey

Let the refining and improving of your own life keep you so busy that you have little time to criticize others.

H. Jackson Brown, Jr.

THE BOY AND THE PUPPY

A farmer had some puppies he needed to sell. He painted a sign advertising the pups and set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls. He looked down into the eyes of a little boy.

“Mister,” he said, “I want to buy one of your puppies.”

“Well,” said the farmer, as he rubbed the sweat off the back of his neck, “these puppies come from fine parents and cost a good deal of money.”

The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer. “I've got thirty-nine cents. Is that enough to take a look?”

“Sure,” said the farmer.

And with that he let out a whistle, “Here,Dolly!” he called.

Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight.

As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared; this one noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner the little pup began hobbling toward the others, doing its best to catch up.

“I want that one,” the little boy said, pointing to the runt.

The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe.

Looking back up at the farmer, he said, “You see, sir, I don't run too well myself, and he will need someone who understands.”

Moral: The world is full of people who need someone who understands. How good it would be if we start empathizing with the weak people in our company and life and understand them.

Community Insights
www.citehr.com

ALTRUISM

altruism

philanthropy, selflessness, humanitarianism, charity, generosity

1. Action or behaviour that benefits another or others at some cost to oneself.

2. Regard for others, both natural and moral without regard for oneself; devotion to the interests of others; brotherly kindness; selflessness; contrasted with egoism or selfishness.

Contribution to the Self versus contribution to Humanity, or Egotism versus Altruism, which should we pursue? Ideally, we should pursue both.

Charity begins at home. Before we venture to change the world, we must not be a burden to our family, friends, and community. That is, we must be self-sufficient, be able to contribute to our community, and have something worthwhile to offer society. Our well-being must be satisfied first before we venture into altruism. Many have met unnecessary hardship and suffering when they pursued selfless and altruistic love for others without meeting their own needs first. Charity begins at home, then the community, then the world.

Note that the most revered and remembered people in history were those who had altruistic intentions. Geniuses such as Isaac Newton, Michael Faraday, James Clerk Maxwell, Dmitri Mendeleev, Nikola Tesla, and Albert Einstein were far from being the wealthiest people of their age, but their contributions are pervasive in our daily life. And will continue to be for millennia.

Enduring altruism is discovering the truths of humanity or the secrets of Nature for the benefit of society.

Life's most persistent and urgent question is,
"What are you doing for others?"

Martin Luther King, Jr.

All the gold in the world has no significance.
That which is lasting are the thoughtful acts
which we do for our fellow man.

Adolfo Prieto

That man is good who does good to others; if he suffers on account of the good he does, he is very good; if he suffers at the hands of those to whom he has done good, then his goodness is so great that it could be enhanced only by greater sufferings; and if he should die at their hands, his virtue can go no further: it is heroic, it is perfect.

Jean de La Bruyère

Let us try to teach generosity and altruism,
because we are born selfish.

Richard Dawkins

What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.

Albert Pike

The measure of a man's humanity is the extent and intensity of his love for mankind.

Ashley Montagu

What is the moral code of altruism? The basic principle of altruism is that man has no right to exist for his own sake, that service to others is the only justification of his existence, and that self-sacrifice is his highest moral duty, virtue and value.

Ayn Rand

And so you have found out that secret—one of the deep secrets of Life—that all, that is really worth the doing, is what we do for others?

Lewis Carroll

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

Martin Luther King, Jr.

Man becomes great exactly in the degree in which he works for the welfare of his fellow men.

Mahatma Gandhi

The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.

Mitch Albom

Be an opener of doors for such as come after thee.

Ralph Waldo Emerson

Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though 'twere his own.

Johann Goethe

Observation of my life to date shows that the larger the number for whom I work, the more positively effective I become. Thus, it is obvious that if I work always and only for all humanity, I will be optimally effective.

R. Buckminster Fuller

Changing the world doesn't require much money. Again, think in terms of empowerment and not charity. How much were Gandhi's teachers paid? How much did it cost to give Dr. Martin Luther King the books that catalyzed his mind and actions?

Tim Ferriss

If our motivation for serving others is tied to a strong desire for specific outcomes or for praise, our potential is limited. Because we can never completely control the results of our efforts, we may become easily

John Makransky

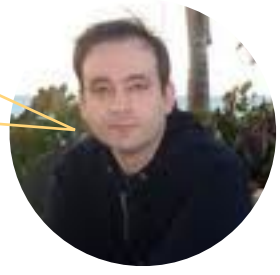
Don’t sacrifice yourself too much, because if you sacrifice too much there’s nothing else you can give and nobody will care for you.

Karl Lagerfeld

The only way on Earth to influence the other fellow is to talk about what he wants and show him how to get it.

Dale Carnegie

Help someone, you earn a friend. Help someone too much, you make an enemy.



Erol Ozan

Love only grows by sharing. You can only have more for yourself by giving it away to others.

Brian Tracy

THEORY OF ALTRUISM

Altruism has two aspects. Loving others does not mean that we should forget ourselves. When I say that we should be compassionate, this does not mean helping others at the expense of ourselves. Not at all. Sometimes I say that the buddhas and bodhisattvas are the most selfish of all. Why? Because by cultivating altruism they achieve ultimate happiness.

We, in our selfishness, are very foolish and narrow-minded. All we do is create more suffering for ourselves. The selfishness of the buddhas and bodhisattvas is functional and efficient. It allows them not only to achieve awakening, but also the capacity to help others. That is really worthwhile. For me, this proves that to create maximum happiness for oneself, one needs to develop compassion. This is Buddhist logic.

If compassion induced misery, then it would be questionable. Why practice something that brings us more trouble? But that is certainly not the case with compassion. Just imagine if we all lived with no compassion, thinking only of ourselves. We would suffer greatly.

The more you think of others, the happier you are.

Dalai Lama XIV

PRECEPT 7

PURPOSE

purpose

intent, goal, calling, aspiration, ambition, determination, desire, resolve

1. An object to be reached; a target; an aim; a goal.

2. The reason for which something is done, or the reason it is done in a particular way.

3. The act of intending to do something; resolution; determination.

It's been said that life is a journey and not a destination. Along the way we need to occupy our time with work and activity that make the journey enjoyable and rewarding. But for many of us, finding the work and activity is a journey in itself.

One way to understand purpose is to take a stroll in a lush garden. Notice the beautiful variety of flowers and how peaceful it is. Someone had to dream up the garden, design it, and build it with the teamwork of other people. Someone had to work hard to make that garden a reality so that other people can enjoy it. What was the purpose of the person who created that garden?

Now, how about creating work that others can enjoy? Why not be that person who creates something that others can enjoy and benefit from, even centuries from now?

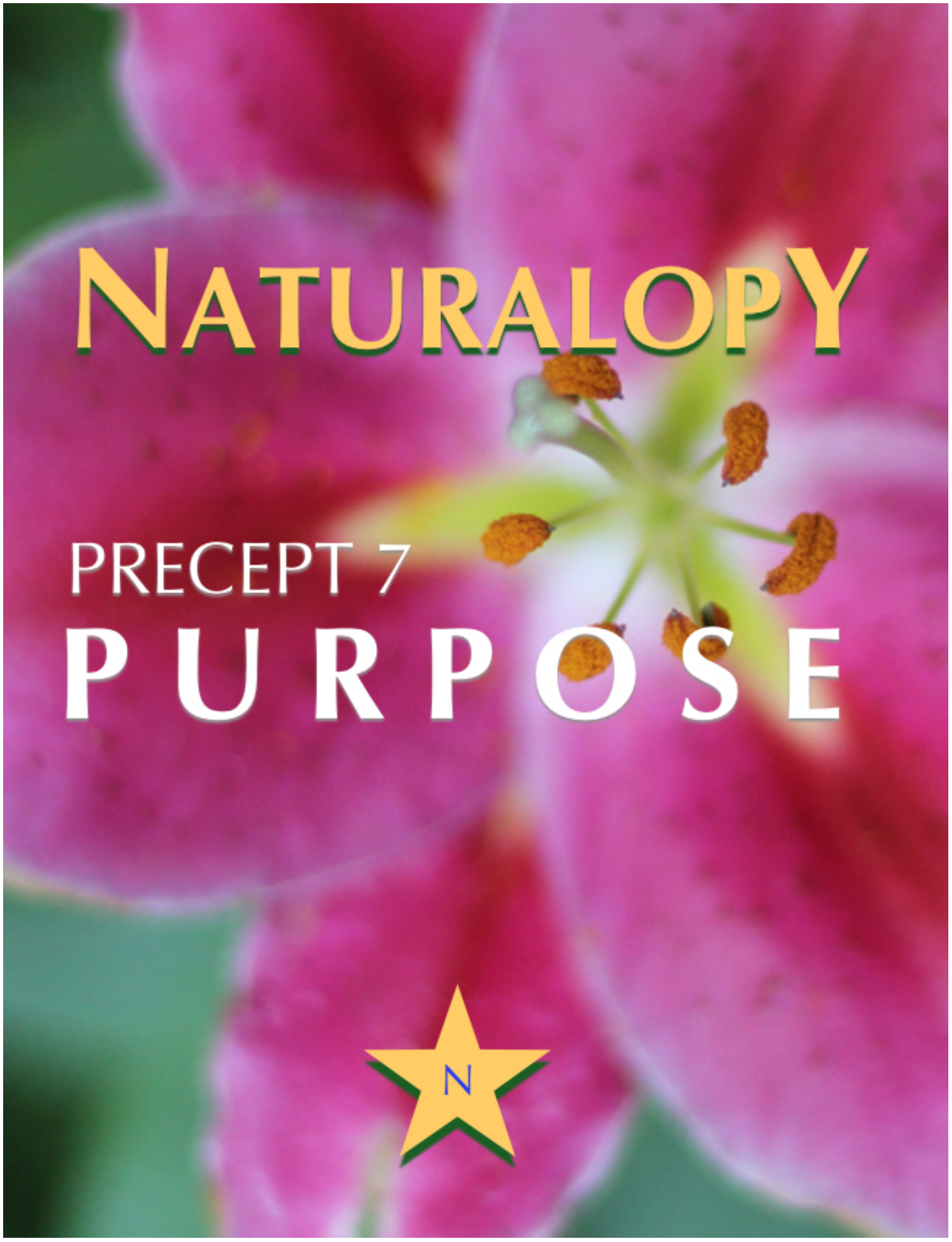
Universally, the wise among us agree that the purpose of life is to eat well, sleep well, mingle well, work well, and enjoy life. However, at the individual level, there is no general consensus as to what the purpose of life is. What is the life-mission statement of each person? It varies from person to person. For some, it is simply to live well and raise a healthy family; for others, it is to make an indelible mark on their community; while others want to "make a dent in the Universe" so that their achievements outlast their corporeal existence for many generations—a long afterlife.

If the purpose of life is to be happy and help others to be happy, it would be correct, though idealistic. The process of being happy and helping others to be happy can be

convoluted, usually requiring years of experience to simplify. For example, the following mission statement may be adequate for one person: to research, preserve, and disseminate knowledge for the benefit of Humanity. But it may be unambitious to some or too grandiose for others. What makes one person happy will not make another person happy, therefore the purpose of life is different from person to person.

To have a purpose is to have a mission in life. Our life-mission statement keeps us from straying into the gambling, drugs, alcohol, and sex addiction time thieves. Having a purpose keeps the journey of life more enjoyable and rewarding.

Remember the garden. Why did someone build a garden for others to enjoy?


NATURALOPY
PRECEPT 7
PURPOSE
N

The purpose of life is to be happy.

Dalai Lama XIV

The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

Ralph Waldo Emerson

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

Eleanor Roosevelt

The meaning of life is to find your gift. The purpose of life is to give it away.

Pablo Picasso

Beyond work and love, I would add two other ingredients that give meaning to life. First, to fulfill whatever talents we are born with. However blessed we are by fate with different abilities and strengths, we should try to develop them to the fullest, rather than allow them to atrophy and decay.

Second, we should try to leave the world a better place than when we entered it. As individuals, we can make a difference, whether it is to probe the secrets of Nature, to clean up the environment and work for peace and social justice, or to nurture the inquisitive, vibrant spirit of the young by being a mentor and a guide.

Michio Kaku

Our prime purpose in this life is to help others. If you can't help them, at least don't hurt them.

Dalai Lama XIV

Ask yourself: If you could do anything for 8 hours a day for the rest of your life, and money were no object, what would you do?

Alan Watts

The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy, or passion.

Terry Orlick

The purpose of human life is to serve, and to show compassion and the will to help others.

Albert Schweitzer

There is a wonderful mythical law of nature that the three things we crave most in life: happiness, freedom, and peace of mind—are always attained by giving them to someone else.

Peyton Conway March

When you have a sense of your own identity and a vision of where you want to go in your life, you then have the basis for reaching out to the world and going after your dreams for a better life.

Stedman Graham

The sole meaning of life is to serve humanity.

Leo Tolstoy

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

Patanjali

Great minds have great purposes, others have wishes. Little minds are tamed and subdued by misfortune; but great minds rise above them.

Washington Irving

The value of identity of course is that so often with it comes purpose.

Richard Grant

Dr. Seuss

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

RichardBuckminster Fuller

Only when we are no longer afraid do we begin to live.

Dorothy Thompson

Go into the arts. I'm not kidding. The arts are not a way to make a living. They are a very human way of making life more bearable. Practicing an art, no matter how well or badly, is a way to make your soul grow, for heaven's sake.

Sing in the shower.
Dance to the radio.
Tell stories.

Write a poem to a friend, even a lousy poem. Do it as well as you possibly can. You will get an enormous reward.

You will have created something.

Kurt Vonnegut

Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness.

Shakti Gawain

Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has.

Margaret Mead

Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming, “Wow, what a Ride!”

Mark Frost

Love is our true destiny. We do not find the meaning of life by ourselves alone—we find it with another.

Thomas Merton

There is not one big cosmic meaning for all; there is only the meaning we each give to our life, an individual meaning, an individual plot, like an individual novel, a book for each person.

Anaïs Nin

Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference.

Robert Frost

Continue to add something to the material, intellectual and, moral well-being in your world and you will be given proper reward.

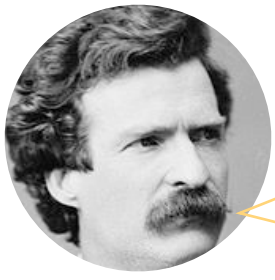
Booker T. Washington

All men should strive to learn before they die what they are running from, and to, and why.

James Thurber

Certain things catch your eye, but pursue only those that capture the heart.

Naturalopist



The two most important days in your life are the day you are born and the day you find out why.

Mark Twain

Those who stand for nothing, will fall for anything.

Alexander Hamilton

The purpose of life is not to win. The purpose of life is to grow and to share. When you come to look back on all that you have done in life, you will get more satisfaction from the pleasure you have brought into other people's lives than you will from the times that you outdid and defeated them.

Harold Kushner

To be at peace with life we must find our soul's purpose for by doing so we cultivate wholeness and create a world of pure spirit.

Michael Teal

We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark.

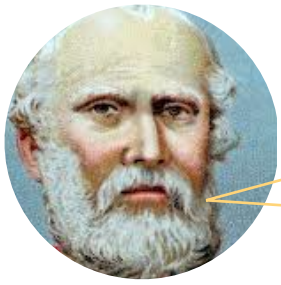
Whoopi Goldberg

If you don't get lost, there's a chance you may never be found.

Naturalopist

Human resources are like natural resources; they're often buried deep. You have to go looking for them, they're not just lying around on the surface. You have to create the circumstances where they show themselves.

Ken Robinson



We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.

Plato

If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.

T.D. Jakes

Life is like a ten-speed bicycle. Most of us have gears we never use.

Charles Schulz

The aim of life is self-development. To realize one's nature perfectly—that is what each of us is here for.

Oscar Wilde

A life directed chiefly towards the fulfillment of personal desires sooner or later always leads to bitter disappointment.

Albert Einstein

Don't spend your precious time asking, “Why isn't the world a better place?” It will only be time wasted. The question to ask is, “How can I make it better?”

To that there is an answer.

Leo Buscaglia

It’s better to walk alone than with a crowd going in the wrong direction.

Diane Grant

Find the right work is like discovering your own soul in the world.

Thomas Moore

As far as we can discern, the sole purpose of human existence is to kindle a light in the dark-ness of a mere being.

Carl Jung

The need for devotion to something outside ourselves is even more profound than the need for companionship. If we are not to go to pieces or wither away, we must have some purpose in life; for no man can live for himself alone.

Ross Parmenter

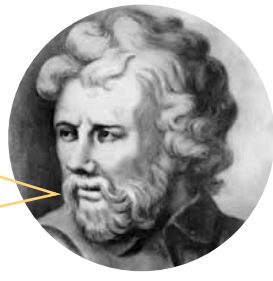
Ask not what your country can do for you, but what you can do for your country.

John F. Kennedy

I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer.

Jim Carrey

First say to yourself what you would be; and then do what you have to do.

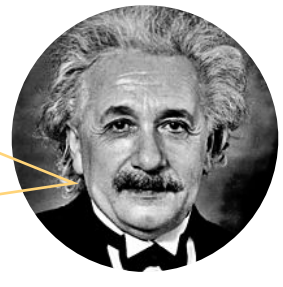


Epictetus

Do not go where the path may lead, go instead where there is no path and leave a trail.

Ralph Waldo Emerson

Be a loner. That gives you time to wonder, to search for the truth. Have holy curiosity. Make your life worth living.

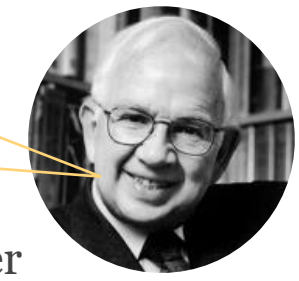


Albert Einstein

If you don't make the time to work on creating the life you want, you're eventually going to be forced to spend a lot of time dealing with a life you don't want.

Kevin Ngo

Our souls are not hungry for fame, comfort, wealth, or power. Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter.



Harold Kushner

Whatever you can do or believe you can, begin it. Boldness has magic, power, and genius in it.

Johann Goethe

A lot of times the question is harder than the answer. And if you can properly phrase the question, then the answer is the easy part. To the degree that we can better understand the universe, then we can better know what questions to ask. Then whatever the question is that most approximates: what's the meaning of life? That's the question we can ultimately get closer to understanding. And so I thought to the degree that we can expand the scope and scale of consciousness and knowledge, then that would be a good thing.

Elon Musk

Inside every cynical person, there is a disappointed idealist.

George Carlin

Life is what we make it. Always has been, always will be.

Grandma Moses

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

SteveJobs

Definiteness of purpose is the starting point of all achievement.

W. Clement Stone

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has been before.

Alan Ashley-Pitt

Don’t undertake a project unless it is manifestly important and nearly impossible.

Edwin Land

Someday, everything will make sense. So for now, laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason.

John Mayer

Never work just for money or for power. They won't save your soul or help you sleep at night.

Marian Wright Edelman

So many worlds, so much to do, so little done, such things to be.

Alfred Lord Tennyson

To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.

Buddha

PASSION

passion

fervor, joy, zeal, spirit, affection, eagerness, intensity

1. Any great, strong, powerful emotion, especially romantic love or hate.

2. An intense desire and determination to complete a work.

Hello Passion, where have you been hiding? Many of us will experience an intense passion at some point in our life, whether it's a passion to right a wrong, to repay our karmic debt, to love, to see a project through, to discover spirituality, or to connect with our community—we have experienced or will experience passion. However, passion that is intense and enduring is more difficult to sustain—this type of passion requires a project so profound that it could take a lifetime to complete.

There are three main methods to discover passion. The first is the tried-and-true method of trial and error, which can take a long time. The second is to pick a role model in a field we're passionate about. Ask, "What does that person *do* that interests me?" What motivates them? Why do we want to emulate them? Perhaps develop a passion to even surpass their achievements? The third is to find a wrong in the world that needs to be righted. What is the one profound change you would like to make in the world? Let it drive your passion.

It's important to note that with passion, we cannot wait to be inspired. If we wait for inspiration, little to nothing will get done. During periods of apathy and dispassion, we have to force ourself, or go into beast mode, to start or revive the passion–force ourself to do the little things and momentum will build, like a snowball hurdling down a mountain.

Don’t only practice your art, but force your way into its secrets, for it and knowledge can raise men to the Divine.

Ludwig van Beethoven

Samuel Johnson

Exert your talents, and distinguish yourself, and don't think of retiring from the world, until the world will be sorry that you retire.

Your life is a living, breathing work of art—stand back from it and look on in awe that every stroke of the brush or every chip you have chiseled or every nook and cranny you have colored and shaded—is the result of the degree of passion (positive or negative) you have brought to studio. You and you alone are both the art and the artist.

Louise Hay

We become that which we love.

Saint Bridget

I can either watch it happen or be a part of it.

Elon Musk

If passion drives you, let reason hold the reins.

Benjamin Franklin

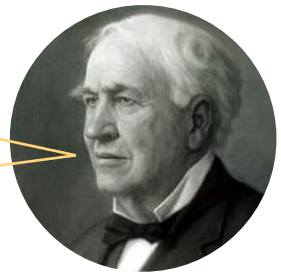
What did you do as a child that made the hours pass like minutes? Herein lies the key to your earthly pursuits.

Carl Jung

The things you are passionate about are not random, they are your calling.

Fabienne Fredrickson

If we did all the things we were capable of doing, we would literally astound ourselves.



Thomas Edison

I would rather die of passion than of boredom.

Vincent van Gogh

Passion is energy. Feel the power that comes from focusing on what excites you.

Oprah Winfrey

I never did a day's work in my life. It was all fun.

Thomas Edison

The only way to do great work is to love what you do. Don’t settle.

Steve Jobs

There is no genius without a mixture of madness.

Seneca

There is no passion to be found playing small—in settling for a life that is less than the one you are capable of living.

Nelson Mandela

Learn to embrace the ups and downs of Life, because Life is with you as long as you’re alive.

Trung Nguyen

Only passions, great passions, can elevate the soul to great things.

Denis Diderot

Fall in love with some activity, and do it! Nobody ever figures out what life is all about, and it doesn't matter. Nearly everything is really interesting if you go into it deeply enough. Work as hard and as much as you want to on the things you like to do the best. Don't think about what you want to be, but what you want to do. Keep up some kind of a minimum with other things so that society doesn't stop you from doing anything at all.

Richard Feynman

Do what you feel in your heart to be right—for you'll be criticized anyway.

Eleanor Roosevelt

A shot that fits one person pinches another; there is no recipe for living that suits all cases.

Carl Jung

Pleasure in the job puts perfection in the work.

Aristotle

To play without passion is inexcusable!

Ludwig van Beethoven

Peace is a lie, there is only passion.

Through passion, I gain strength.

Through strength, I gain power.

Through power, I gain victory.

Through victory, my chains are broken.

The Force shall set free me.

Code of the Sith

Sometimes you have to stop thinking so much and go where your heart takes you.

Motherly Advice

Live passionately, with all the injuries that can happen as a result: it is worth it.

Paulo Coelho

Working hard for something we don’t care about is called stress. Working hard for something we love is called passion.

Naturalopist

You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out.

Steve Jobs

Passion rebuilds the world for the youth. It makes all things alive and significant.

Ralph Waldo Emerson

THE CRAZY ONES

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes.

The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them.

About the only thing you can't do is ignore them. Because they change things. They invent. They imagine. They heal. They explore. They create. They inspire. They push the human race forward.

Maybe they have to be crazy.

How else can you stare at an empty canvas and see a work of art? Or sit in silence and hear a song that's never been written? Or gaze at a red planet and see a laboratory on wheels?

We make tools for these kinds of people.

While some see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.

Think Different
Apple

DUTY

duty

commitment, mission, obligation, charge, station, undertaking

1. That which one is morally or legally obligated to do.

When passion fails, duty takes over. Sometimes it's a mechanical process whereby we need to visualize and meditate on the process itself to rekindle our purpose. When in a rut, our purpose boils down to drudgery and toil since our purpose could take years to fulfill. When duty calls in the absence of passion, ask:

- Why am I doing this?
- What is the reward?
- Will I be given another opportunity?
- What is holding me back?
- Is there anything I fear?

Get the objections out of the way.

Duty is about toil, persistence, and patience. Keep chugging along until passion shows up.

Hard work is painful when life is devoid of purpose. But when you live for something greater than yourself and the gratification of your own ego, then hard work becomes a labor of love.

Steve Pavlina

Whether you live to be 50 or 100 makes no difference, if you made no difference in the world.

Jarod Kintz

I know of only one duty, and that is to love.

Albert Camus

Real success means creating a life of meaning through service that fulfills your reason for being here.

Oprah Winfrey

Our duty is to encourage every one in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the Truth.

Swami Vivekananda

Work and struggle and never accept an evil that you can change.

Andre Gide

Happiness and moral duty are inseparably connected.

George Washington

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

Helen Keller

Blessed is he who has found his work;
let him ask no other blessedness.

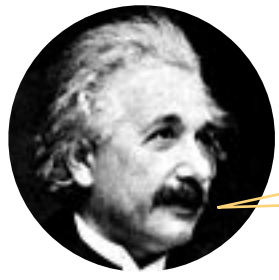
Thomas Carlyle

The duty of youth is to challenge corruption.

Kurt Cobain

There is only one basic human right, the right to do as you damn well please. And with it comes the only basic human duty, the duty to take the consequences.

PJ O'Rourke



If I were to remain silent, I'd be guilty of complicity.

Albert Einstein

I think a man's duty is to find out where the truth is, or if he cannot, at least to take the best possible human doctrine and the hardest to disprove, and to ride on this like a raft over the waters of life.

Plato

It is the first responsibility of every citizen to question authority.

Benjamin Franklin

All tyranny needs to gain a foothold is for people of good conscience to remain silent.

Thomas Jefferson

A duty dodged is like a debt unpaid; it is only deferred, and we must come back and settle the account at

Joseph Fort Newton

I slept and dreamed that life is all joy.
I woke and I saw that life is all service.
I served and I saw that service is joy.

Khalil Gibran

I take it as a man's duty to restrain himself.

Lois McMaster Bujold

Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.

Albert Einstein

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

Carl Jung

Do something every day that you don't want to do. This is the golden rule for acquiring the habit of doing your duty without pain.

Mark Twain

Do the duty which lies nearest to you, the second duty will then become clearer.

Thomas Carlyle

A sense of duty is useful in work but offensive in personal relations. People wish to be liked, not to be endured with patient resignation.

Bertrand Russell

Let us have faith that right makes might, and in that faith let us to the end dare to do our duty as we understand it.

Abraham Lincoln

PRECEPT 8

VIRTUE

virtue

goodness, righteousness, character, ethic, morality, value, justice

1. Accordance with moral principles; conformity of behaviour or thought with strictures of morality; good moral conduct.

2. A particular manifestation of moral excellence in a person; an admirable quality.

According to the Greek philosopher and mathematician Plato (428 - 348 BCE), the Four Cardinal Virtues are:

Moderation (self-control) | **Wisdom** (prudence) | **Courage** (fortitude) | **Justice** (right)

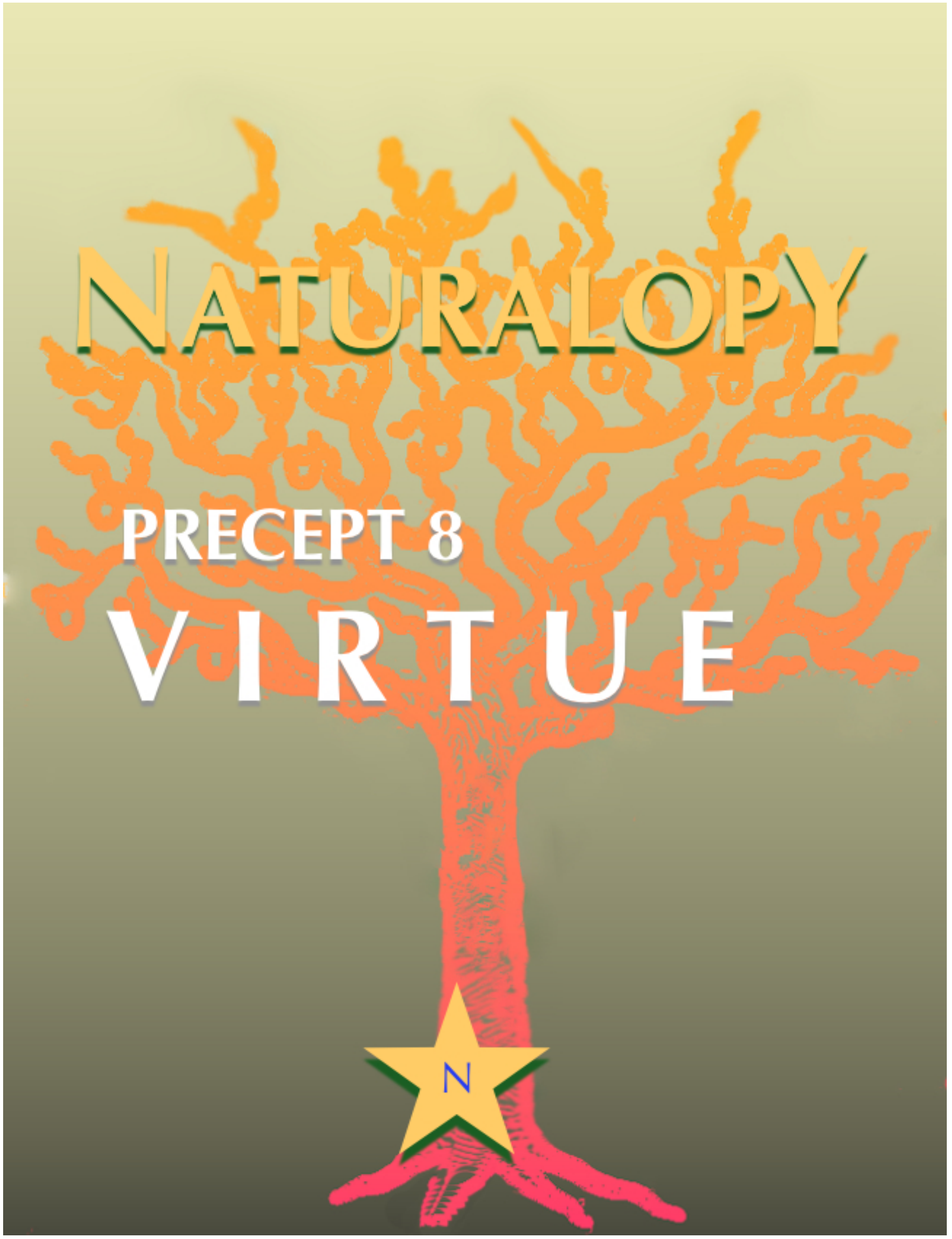
Virtue is more complex than knowing the difference between right and wrong, and moral and immoral. Virtue, when taken as a whole, is a set of values and belief system that guides our decision making process—virtues are our guiding light in life. Although political values, economic values, and legal values may shift, the virtues that encompass moral excellence are timeless across cultures.

As an example, if a person obeys the law to the letter, does that make them virtuous? Not in this day and age. Virtue, not the law, is what determines if someone becomes a good person or a bad person, or someone who is admired or detested. One could agree that lawyers, solicitors (political lobbyists), and politicians are law abiding citizens, but not many would agree that they're moral or ethical. What is legal is not always right, just, or wise. More often than not, moral laws are not the same as legal laws– morality is above legality.

No one is born with virtue. Virtue must be acquired through study and practice—the process of trial and error. Practiced long enough and with many failings, virtue becomes second nature.

The litmus test for morality versus legality is this: would we approve of the action if we were on the receiving end of injustice?

Virtue must supersede law, because men write laws for their benefit, while moral is inherent and universally recognized.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PRECEPT 8
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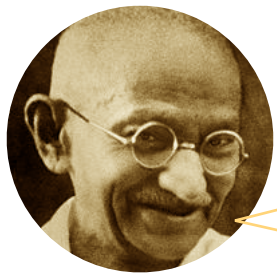
Recommend virtue to your children; it alone, not money, can make them happy. I speak from experience.

Ludwig van Beethoven

The superior man thinks always of virtue; the common man thinks of comfort.

Confucius



Be the change you wish to see in the world.

Mahatma Ghandi

Whatever else may be shaken, there are some facts established beyond warring: virtue is better than vice, truth is better than falsehood, kindness than brutality.

Quintin Hogg

There has to be evil, so that good can prove its purity above it.

Buddha

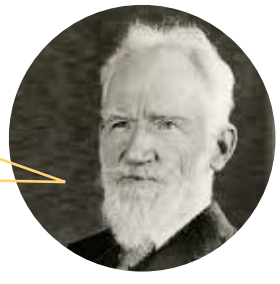
Only a man of integrity can possess the virtue of honesty, since only the faking of one's consciousness can permit the faking of existence.

Ayn Rand

When we live habitually with the wicked, we become necessarily their victims or their disciples; on the contrary, when we associate with the virtuous we form ourselves in imitation of their virtues, or at least lose, every day, something of our faults.

Pope Agapet

The liar's punishment is, not in the least that he is not believed, but that he cannot believe anyone else.



George Bernard Shaw

How can one be well when one suffers morally?

Leo Tolstoy

I think honesty is the most heroic quality one can aspire to.

Daniel Radcliffe

For most men, and most circumstances, pleasure-tangible material prosperity in this world—is the safest test of virtue. Progress has ever been through the pleasures rather than through the extreme sharp virtues, and the most virtuous have leaned to excess rather than to asceticism.

Samuel Butler

If you're honest, you sooner or later have to confront your values. Then you're forced to separate what is right from what is merely legal. This puts you metaphysically on the run. America is full of metaphysical outlaws.

Tom Robbins

The first principle of value that we need to rediscover is this: that all reality hinges on moral foundations. In other words, that this is a moral universe, and that there are moral laws of the universe just as abiding as the physical laws.

Martin Luther King, Jr.

One should always be drunk. That's all that matters, but with what? With wine, with poetry, or with virtue, as you chose. But get drunk.

Charles Baudelaire

What is virtue? Reason in practice.

J.J. de Chenier

The more virtuous any man is, the less easily does he suspect others to be vicious.

Cicero

It is not always the same thing to be a good man and a good citizen.

Aristotle

Virtue is not left to stand alone. He who practices it will have neighbours.

Confucius

Values aren't buses. They're not supposed to get you anywhere. They're supposed to define who you are.

Jennifer Crusie

Lead others, not by violence, but by righteousness and equity. He who possesses virtue and intelligence, who is just, speaks the truth, and does what is his own business, him the world will hold dear. As the bee collects nectar and departs without injuring the flower, or its color or scent, so let a sage dwell in the community.

Buddha

Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious—think about these things.

Philippians 4:8

Laws control the lesser person. Right conduct controls the greater one.

Chinese Proverb

Few men have virtue to withstand the highest bidder.

George Washington

Always do what is right. It will gratify half of mankind and astound the other

Mark Twain

Our virtues and our failings are inseparable, like force and matter. When they separate, man is no more.

Nikola Tesla

Face your life, its pain, its pleasure, leave no path untaken.

Neil Gaiman

Virtue is like health: the harmony of the whole man.

Thomas Carlyle

Virtue is the fount whence honour springs.

Christopher Marlowe

Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.

Maya Angelou

This above all: to thine own self be true.

William Shakespeare

We become just by performing just action, temperate by performing temperate action, brave by performing brave action.

Aristotle

Wisdom is knowing what to do next; virtue is doing it.

David Star Jordan

As you do not sweeten your mouth by saying honey,
so you do not grow virtuous by merely talking of virtue.

Ivan Panin

Virtue may be assailed, but never hurt
Surprised by unjust force, but not enthralled

John Milton

Whenever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly.

Thomas Jefferson

If virtue promises happiness, prosperity and peace, then progress in virtue is progress in each of these; for to whatever point the perfection of anything brings us, progress is always an approach toward it.

Epictetus

As the flower, when plucked for enjoyment, begins to wither, so does virtue practiced for reward begin to vanish.

Ivan Panin

To educate a man in mind and not in morals is to educate a menace to society.

Theodore Roosevelt

Though you cannot see, when you take one step, what will be the next, yet follow truth, justice, and plain dealing, and never fear their leading you out of the labyrinth, in the easiest manner possible. The knot which you thought a Gordian one will untie itself before you.

Thomas Jefferson

Respect for ourselves guides our morals, respect for others guides our manners.

Laurence Sterne

IF

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,

Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

Rudyard Kipling
30 Dec. 1865 –
18 Jan. 1936

COURAGE

courage

bravery, audacity, heroism, tenacity, spunk, fortitude, daring, determination

1. The quality of mind that enables one to face danger, fear, and hardship.

2. The ability to do things which one finds frightening.

3. Strength in the face of pain or grief.

Courage comes in two primary varieties: moral courage and physical courage. Moral courage is often attached with fighting for civil rights and basic human rights, whereby physical courage is typically associated with battlefield heroics. Of the two courage, moral courage is more desired, because in the grand scheme of time, military heroic is fleeting. Take John F. Kennedy, Martin Luther King, Jr., and Mahatma Gandhi—their moral courage has outlived their corporeal existence.

As a side note, no coward secretly directing public affairs in the shadow of a "double government" is admired after their death. If these puppet masters are remembered, they're remembered with contempt; a blight on humanity to be scorned; as parasites and psychopaths, that eventually even their offsprings privately disavow them. There is no honor nor courage in holding people down in order to succeed.

Courage (on a grander scale) is doing what we know is right despite:

- the opinions of others,
- the consequence of unjust law,
- the possibility of bringing harm to ourself and those we love, and
- the opportunity of meeting an honorable and celebrated death.

The greater the courage, the longer the Afterlife. For example, the Greek mythological warrior Achilles was presented with two choices: 1. a long and mundane life, 2. a short and glorious life. Achilles chose the latter. Achilles's mythical courage inspired Alexander the Great, and for Alexander's courage, scholars and historians still adulate the Macedonian conqueror 2,300 years after his death.

Without courage, we could live hundreds of years and not achieve anything of significant or value. Whereby Abraham Lincoln, John F. Kennedy, Robert F. Kennedy, Martin Luther King, Jr., and Mahatma Gandhi are immortalized for their courage, even when some of them died young.

However, personal courage need not be so dramatic and grandiose. In the age of technology, social media, and convenience, most of us only need to fear the opinions of others—humans have never had it so good. Despite this, many of us are powerless by the "paralysis by analysis" syndrome. As a result, we fail to live up to our potential because we care what people think about us—we care about people's opinions.

To overcome this "paralysis by analysis" syndrome, ask: In any given situation or predicament, what is the worst that could happen? Death. If we accept (exaggerate) that death is the eventual outcome of every social interaction, then we fear nothing. If we ask someone out, what is the worst that could happen? We die from nervousness. If we ask for a raise, what is the worst that could happen? The answer is no and we die from embarrassment. If we start a new business and it doesn't work out, what is the worst that could happen? People laugh at us and we die from comedic behavior.

Obviously, this "death is the worst that could happen to me and I accept it" mentality is a satirical mind trick used by some to overcome the social fears of daily life. What people think and what people opine, should not be our concern. We don't have the time or energy to worry about people's opinions. There are talkers and there are doers. Be a doer. The people who splatter opinion are talkers. Be better. Be a doer.

Have the courage to adopt this philosophy: "I don't care what people think; I don't care about people's opinion—it's not worth my time and energy. I only care about what I do. There are talkers and there are doers. I'm a doer."

We all die, but will we live and be remembered? That is the courage question.

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

Martin Luther King, Jr.

Few will have the greatness to bend history; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. It is from numberless diverse acts of courage and belief that human history is thus shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance.

Robert F. Kennedy

One man with courage is a majority.

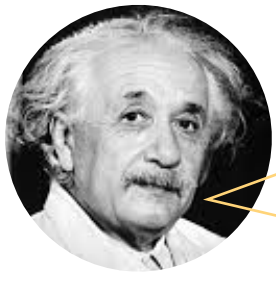
Andrew Jackson

The greatest oak tree was once a nut that held its ground.

Naturalopist

Life shrinks or expands in proportion to one's courage.

Anais Nin



Great spirits have always encountered violent opposition from mediocre minds.

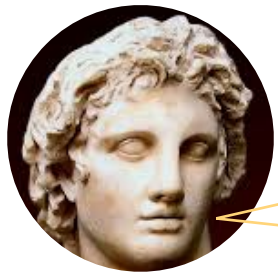
Albert Einstein

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself.

Harvey Fierstein

It takes courage to grow up and become who you really are.

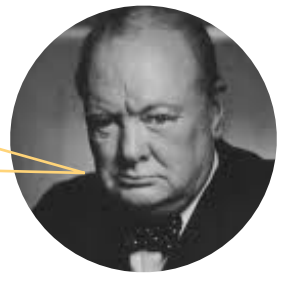
E. E. Cummings



It is a lovely thing to live with courage, and die, leaving an everlasting fame.

Alexander the Great

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

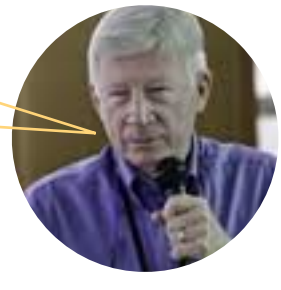


Winston Churchill

Fear is the tax that conscience pays to guilt.

George Sewell

One of my greatest strengths is to admit my weaknesses.



Dick Innes

Whatever you can do or believe you can, begin it.
Boldness has magic, power, and genius in it.

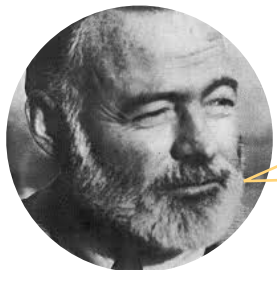
Johann Goethe

Everything you want is on the other side of fear.

Jack Canfield

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it.

Thucydides



The best people possess a feeling for beauty, the courage to take risks, the discipline to tell the truth, and the capacity for sacrifice.

Ernest Hemingway

I always wondered why somebody didn't do something about that. Then I realized I am somebody.

Lily Tomlin

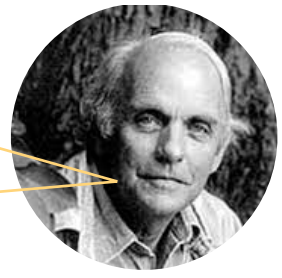
Don't be afraid of opposition. Remember, a kite rises against the wind, not with it.

Hamilton Wright Mabie

Fortune favours the bold.

Virgil

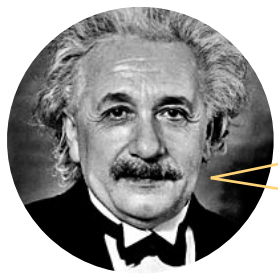
Here is the world. Beautiful and terrible things will happen. Don't be afraid.



Frederick Buechner

You will never do anything in this world without courage. It is the greatest quality of the mind next to honour.

Aristotle



The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it.

Albert Einstein

To love is to risk not being loved in return.

To hope is to risk pain.

To try is to risk failure.

But risk must be taken,

Because the greatest hazard in life is to risk nothing.

Leo Buscaglia

When you do what you fear most, then you can do anything.

Stephen Richards

Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs

If not you, then who? If not now, then when?

Motherly Advice

We forfeit three-fourths of ourselves in order to be like other people.

Arthur Schopenhauer

Life begins at your comfort zone.

Neale Donald Walsch

You have enemies? Good. That means you've stood up for something in your life.

Winston Churchill

Life will toss many hardships in the way, many times we think it is enough to sink our ship. Somehow we make it through, not knowing that because we did not quit, because we kept struggling—our metal was made stronger for battles yet to come.

Frank Valdez

Always do what you are afraid to do.

Ralph Waldo Emerson

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

George Bernard Shaw

To avoid criticism: do nothing, say nothing, be nothing.

Elbert Hubbard

To be courageous requires no exceptional qualifications, no magic formula. It's an opportunity that sooner or later is presented to us all and each person must look for that courage in his own soul.

John F. Kennedy

What doesn’t kill you only makes you stronger.

Friedrich Nietzsche

He who knows when he can fight and when he cannot, will be victorious.

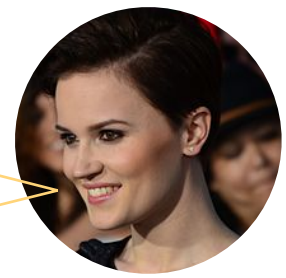
Sun Tzu

There are so many ways to be brave in this world. Sometimes bravery involves laying down your life for something bigger than yourself, or for someone else. Sometimes it involves giving up everything you have ever known, or everyone you have ever loved, for the sake of something greater.

But sometimes it doesn't.

Sometimes it is nothing more than gritting your teeth through pain, and the work of every day, the slow walk toward a better life.

That is the sort of bravery I must have now.



Veronica Roth

If you want to achieve greatness, stop asking for permission.

Eddie Colla

Don't let the bastards grind you down.

General Joseph W. Stilwell

To live the life you've imagined, your faith must be more powerful than your fear.

Naturalopist

Nobody, as long as he moves about among the chaotic currents of life, is without trouble.

Carl Jung

Fear is just excitement in need of an attitude adjustment.

Naturalopist

We have one life. In it, you have to trust your own voice, your own ideas, your honesty, your vulnerability—and through this you will find your way. You do not have to be fearless. Just don't let fear stop you.

Charlie Day

Sometimes the most important fights are the ones you avoid.

Jackie Chan

Do not go where the path may lead, go instead where there is no path and leave a trail.

Ralph Waldo Emerson

Courage is not the absence of fear, but rather the judgement that something else is more important than fear.

James Neil Hollingsworth

Buddha

There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

Scorn not the weak cub; for he may become a powerful tiger.

Ghenghis Khan

Our lives begin to end the day we become silent about things that matter.

Martin Luther King, Jr.

Courage is the power to let go of the familiar.

Raymond Lindquist

People may hate you for being different and not living by society's standards. But deep down, they wish they had the courage to do the same.

Naturalopist

In the land of predators,
the lion never fears the jackal.

Michael C. Hall, *Dexter*

Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength. Courage is not living without fear. Courage is being scared to death and doing the right thing anyway.

Chae Richardson

Fear is a natural reaction to moving closer to the truth.

Pema Chodron

A non-doer is very often a critic—that is, someone who sits back and watches doers, and then waxes philosophically about how the doers are doing. It's easy to be a critic, but being a doer requires effort, risk, and change.

Wayne Dyer

Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires courage.

Ralph Waldo Emerson

If you want to succeed in the world you must make your own opportunities as you go on. The man who waits for some seventh wave to toss him on dry land will find that the seventh wave is a long time coming.

John Gough

The brave die never, though they sleep in dust, their courage nerves a thousand living men.

Minot J. Savage

Love of learning is akin to wisdom. To practice with vigor is akin to humanity. To know to be shameful is akin to courage.

Confucius

You can never cross the ocean until you have the courage to lose sight of the shore.

Christopher Columbus

Self-confidence is the first requisite to great undertakings.

Samuel Johnson

Too many of us are not living our dreams because we are living our fears.

Les Brown

We have nothing to fear but fear itself.

Franklin D. Roosevelt

I believe that in this generation those with the courage to enter the conflict will find themselves with companions in every corner of the world.

Robert F. Kennedy

The man who refuses to judge, who neither agrees nor disagrees, who declares that there are no absolutes and believes that he escapes responsibility, is the man responsible for all the blood that is now spilled in the world. Reality is an absolute, existence is an absolute, a speck of dust is an absolute and so is a human life. Whether you live or die is an absolute. Whether you have a piece of bread or not, is an absolute. Whether you eat your bread or see it vanish into a looter's stomach, is an absolute.

There are two sides to every issue: one side is right and the other is wrong, but the middle is always evil. The man who is wrong still retains some respect for truth, if only by accepting the responsibility of choice. But the man in the middle is the knave who blanks out the truth in order to pretend that no choice or values exist, who is willing to sit out the course of any battle, willing to cash in on the blood of the innocent or to crawl on his belly to the guilty, who dispenses justice by condemning both the robber and the robbed to jail, who solves conflicts by ordering the thinker and the fool to meet each other halfway.

In any compromise between food and poison, it is only death that can win. In any compromise between good and evil, it is only evil that can profit. In that transfusion of blood which drains the good to feed the evil, the compromise is the transmitting rubber tube.

Ayn Rand

HUMILITY

humility

meekness, timidity, unpretentiousness, demureness, reserve, humbleness

1. The quality of being humble; not conceited or arrogant.

2. Modest opinion of oneself.

Every bombastic, arrogant person is brimming with either false pride, ignorance, or inadequacy. The person who loudly exaggerates and boasts their accomplishments has an inferior mindset hiding behind a superiority complex. Those who lack accomplishment or feel inferior run their mouths to compensate. An arrogant person is sooner or later forced to eat crow (an American colloquial idiom, meaning humiliation by admitting wrongness or having been proved wrong after taking a strong position).

On the other hand, a humble person is satisfied with their lot in life and feels no need to prove anything to anyone. A humble person is comfortable in their own skin—accepts how they look, where they are, what they've done; knows where they're going, and ignores the negative opinions of others. Thus, the quiet reserve and steady fortitude of the humble person. As the adage goes, still water runs deep.

If we feel the need to prove anything to anyone, we're not where we should be in life. When we are reserved and humble, we're right where we should be.

Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.

Saint Augustine

Quarrel not at all. No man resolved to make the most of himself can spare time for personal contention.

Abraham Lincoln

I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men.

Lao Tzu

Humility is the secret of the wise.

Be humble, you could be wrong.

Naturalopist

Arrogance invites ruin; humility receives benefits.

Chinese Proverb

There is no respect for others without humility in oneself.

Henri Frederic Amiel

There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self.

Ernest Hemingway

H. Jackson Brown Jr.

Every person that you meet knows something you don't; learn from them.

A sarcastic person has a superiority complex that can be cured only by the honesty of humility.

Lawrence G. Lovasik

I believe the first test of a truly great man is in his humility.

John Ruskin

Praise can be your most valuable asset as long as you don't aim it at yourself.

Orlando A. Battista

The true measure of a man is how he treats someone who can do him absolutely no good.

Samuel Johnson

Tact is the art of making a point without making an enemy.

Isaac Newton

Keep your feet on the ground and keep reaching for the stars.

Casey Kasem

Confidence is silent. Insecurities are loud.

Naturalopist

It wasn't until late in life that I discovered how easy it is to say, “I don't know.”

W. Somerset Maugham

Pride is concerned with who is right. Humility is concerned with what is right.

Ezra Taft Benson

Humility is the solid foundation of all virtues.

Confucius

When helping others, do not look for a reward; if you are looking for rewards, don't help others.

Chinese Proverb

Humility must always be the portion of any man who receives acclaim earned in the blood of his followers and the sacrifices of his friends.

Dwight Eisenhower

What kills a skunk is the publicity it gives itself.

Abraham Lincoln

It is amazing what you can accomplish if you do not care who gets the credit.

Harry S. Truman

No one should be ashamed to admit they are wrong, which is but saying, in other words, that they are wiser today than they were yesterday.

Alexander Pope

Avoid the spotlight because it burns.

Trung Nguyen

Always remember to be kind, fair, honest, humble, and true. They will come back to you. Karma remembers.

Naturalopist

Never look down on anybody unless you're helping them up.

Jesse Jackson

Any man worth his salt will stick up for what he believes right, but it takes a slightly better man to acknowledge instantly and without reservation that he is in error.

Andrew Jackson

Consider the rights of others before your own feelings, and the feelings of others before your own rights.

John R. Wooden

If you want to improve, be content to be thought foolish and stupid.

Epictetus

Humility, that low, sweet root from which all heavenly virtues shoot.

Thomas Moore

Humility is the only true wisdom by which we prepare our minds for all the possible changes of life.

George Arliss

An error doesn't become a mistake until you refuse to correct it.

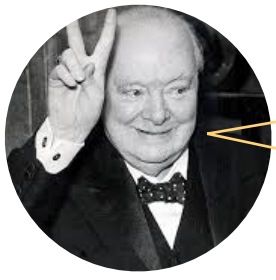
Orlando A. Battista

I lacked STRENGTH and found it through conquering difficulties. I lacked WISDOM and found it by solving problems. I lacked PROSPERITY and found it through hard work and diligence. I lacked COURAGE, and found it by overcoming setbacks, obstacles, and fears. I lacked LOVE and found it through helping troubled people.

Naturalopist

If you have nothing nice to think about yourself, don't think it at all.

Motherly Advice



Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things.

Winston Churchill

Always accept good fortune with grace and humility.

Mark L. Mika

HUMILITY

These are the few ways we can practice humility:

To speak as little as possible of oneself.
To mind one's own business.
To avoid curiosity, as not to want to manage other people's affairs.
To accept contradiction and correction cheerfully.
To pass over the mistakes of others.
To accept insults and injuries.
To accept being slighted, forgotten, and disliked.
To be kind and gentle even under provocation.

Never to stand on one's dignity.
To choose always the hardest.

Mother Teresa

PATIENCE

patience

poise, composure, endurance, restraint, long-suffering, self-control, staying power, equanimity, forbearance, even-tempered, diligence

1. The quality of being patient; ability to tolerate delay.

2. The capacity to endure hardship, difficulty, or inconvenience without complaint.

3. The bearing of provocation, annoyance, misfortune, or pain without complaint, loss of temper, or anger.

There is passion, then there is patience. Passion is often ephemeral, a fire that burns bright but exhausts its fuel rapidly, thus short-lived. However, when patience tames passion, it is the foundation for great achievements.

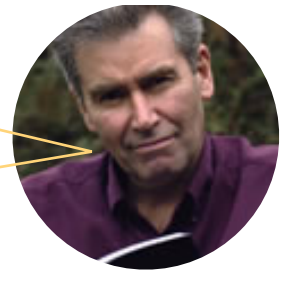
To grasp the concept of patience in the timeline, accept that time is here, time will come, and time will go. Whether we will have achieved anything of importance when the projected time arrives again depends on how patient we are in the Now. To realize what we do in the Now is incremental and adds to the timeline is understanding patience.

When the future arrives, will we have achieved what we wanted? If the answer is “yes”, then we must always act in the present. The Now.

Nothing great is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen.

Epictetus

Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement, and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.



Brian Adams

Patience gives your spouse permission to be human. It understands that everyone fails. When a mistake is made, it chooses to give them more time that they deserve to correct it. It gives you the ability to hold on during the rough times in your relationship rather than bailing out under the pressure.

Stephen Kendrick

Without patience, magic would be undiscovered—in rushing everything, we would never hear its whisper inside.

Tamora Pierce

Patience is waiting. Not passively waiting. That is laziness. But to keep going when the going is hard and slow— that is patience. The two most powerful warriors are patience and time.

Leo Tolstoy

We could never learn to be brave and patient, if there were only joy in the world.

Helen Keller

The trees that are slow to grow bear the best fruit.

Moliere

It’s not only the scenery you miss by going fast, you also miss the sense of where you are going and why.

Eddie Cantor

A diamond is just a piece of charcoal that handled stress exceptionally well.

Malcolm Forbes

Rome wasn't built in a day.

Ancient Adage

He that can have patience can have what he will.

Benjamin Franklin

Force is all-conquering, but its victories are short-lived.

Abraham Lincoln

Our patience will achieve more than our force.

Edmund Burke

Patience is a virtue. And like all virtues, it has to be practiced to be appreciated.

Motherly Advice

There art two cardinal sins from which all others spring: Impatience and Laziness.

Franz Kafka

Do one thing at a time, like take one step at a time. Get that one thing done well, then move to the next thing. It's the untrained mind that wants to do everything at once.

Naturalopist

A problem will solve itself if you don't make it worse.

Simona Rich

Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them—every day begin the task anew.

Saint Francis de Sales

Patience is power.

Patience is not an absence of action

Rather it is "timing"

It waits on the right time to act

For the right principles

And in the right way.

Fulton J. Sheen

Endurance is nobler than strength, and patience than beauty.

John Ruskin

Genius is eternal patience.

Michelangelo

Patience is bitter, but its fruit is sweet.

Aristotle

Patience and wisdom walk hand in hand, like two one-armed lovers.

Jarod Kintz

Never cut a tree down in the wintertime.
Never make a negative decision in the low time.
Never make your most important decisions when you are in your worst moods.

Wait. Be patient. The storm will pass. The spring will come.

Robert H. Schuller

TALE OF THE STONECUTTER

Once upon a time there was a young stonecutter who looked with envy upon the rich merchant who employed him. One day he was muttering to himself about what it would be like to have such freedom and power when, to his amazement, an angel appeared and spoke the words “You are what you have said.” In an instant, the stonecutter had become the merchant.

He was very happy with his lot until he saw the king of the land ride by with his coterie. “Now that’s the way to live,” he thought. Almost before he had asked, the angel had granted his wish and the merchant had become the king.

All was well until one beautiful summer’s day when the king began sweating in his heavy royal garb. “What freedom and power the sun has,” he thought. “It can float through the sky and call forth water from a king. That is what I would truly like to be.”

As the thought appeared in his mind, the angel appeared to grant it. Now the king had become the sun, and he reveled in his freedom and power as he floated high above the earth. But after a time, a cloud appeared and blocked the land from his view. When he watched the lightning burst forth from the cloud and heard the roar of the thunder, he knew that he was witnessing true freedom and power. Before he even realized what was happening, the angel had transformed him into a cloud.

What fun it was to pour rain forth upon the land! Wherever the man-cloud went, forests were washed away, and puddles became oceans in his wake. But no matter how hard he tried, there was one huge mountain made of stone that stood immovable and unaffected by his rain.

“Surely that is the ultimate power,” he thought. “To stand tall in the face of any circumstance—that is true freedom and power.”

In an instant, the angel had made it so, and the man could feel the incredible power of being an immovable object in the midst of any storm. Yet even as he was delighting in his immense strength and resilience, he could see a small man chipping away at his base with a pick and a chisel and a hammer.

“That man is even more powerful than I,” he thought. “See how he is able to take stone away from me with just a few blows of his mighty tools. That is the kind of freedom and power I have always longed for.”

The angel appeared and once again spoke the words “You are what you have said.” And with those words, the older but wiser stonecutter continued on his journey.

Japanese folklore, adapted by

Marie Ennis-O'Connor

MORALITY

morality

decency, uprightness, morals, integrity, principle, purity, standards

1. Recognition of the distinction between good and evil or between right and wrong; respect for and obedience to the rules of right conduct; the mental disposition or characteristic of behaving in a manner intended to produce morally good results.

2. A set of social rules, customs, traditions, beliefs, or practices which specify proper, acceptable forms of conduct.

Morality and legality are two distinct subjects in the modern legal framework. What is legal can be immoral, and what is moral in the eyes of many is illegal. Furthermore, since the majority of people are religious, their religion dictates what is moral and immoral. And what is considered moral in one religion is immoral in another religion.

A standard, public baseline for morality is determined by a nation's legal code and its dominant religion. Unfortunately, too often public figures preach one moral code to the people and live by another moral code in their private lives. For this reason, a Naturalopist should view morality as a public matter, not a private one. That is, morality should be a public issue concerning what people do in public. Morality should not be a private matter: what consenting adults do in private is their own business. No church or state should govern the consensual and private activities of its people.

Since a hypocrite is a person to be despised and deemed unworthy of trust, be careful of extolling morals and virtues publicly, or even privately for that matter.

Morality is best practiced, not preached.

The courage of life is often a less dramatic spectacle than the courage of a final moment; but it is no less a magnificent mixture of triumph and tragedy. A man does what he must—in spite of personal consequences, in spite of obstacles and dangers and pressures—and that is the basis of all morality.

John F. Kennedy

My morality is not based on faith, not on arbitrary whim, not on emotion, not on arbitrary edict, mystical or social, but on reason; a morality that can be proved by means of logic which can be demonstrated to be true and necessary.

Ayn Rand

Never let your sense of morals get in the way of doing what's right.

Isaac Asimov

This is my doctrine: Give every other human being every right you claim for yourself.

Robert G. Ingersoll

A man that puts himself on the ground of moral principle, if the whole world be against him, is mightier than all of them.

Henry Ward Beecher

Do not be too moral. You may cheat yourself out of much life so. Aim above morality. Be not simply good, be good for something.

Henry David Thoreau

The hottest places in hell are reserved for those who, in times of great moral crisis, maintain their neutrality.

John F. Kennedy

Truth is the secret of eloquence and of virtue, the basis of moral authority; it is the highest summit of art and life.

Henri-Frédéric Amiel

Respect for ourselves guides our morals;
respect for others guides our manners.

Laurence Sterne

A quiet conscience makes one strong!

Anne Frank

I think it's a problem that people are considered immoral if they're not religious. That's just not true.... If you do something for a religious reason, you do it because you'll be rewarded in an afterlife or in this world. That's not quite as good as something you do for purely generous reasons.

Lisa Randall

Ethics, too, are nothing but reverence for life. That is what gives me the fundamental principle of morality, namely, that good consists in maintaining, promoting, and enhancing life, and that destroying, injuring, and limiting life are evil.

Albert Schweitzer

To educate a person in the mind but not in morals is to educate a menace to society.

Theodore Roosevelt

I stopped believing there was a power of good and a power of evil that were outside us. And I came to believe that good and evil are names for what people do, not for what they are.

Philip Pullman

A man that has lost moral sense is like a man in battle with both of his legs shot off: he has nothing to stand on.

Henry Ward Beecher

Morality is the custom of one's country and the current feeling of one's peers. Cannibalism is moral in a cannibal country.

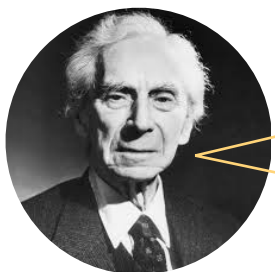
Samuel Butler

No moral system can rest solely on authority.

A. J. Ayer

People have different codes of morality depending on their system of beliefs or religious doctrines.

Naturalopist

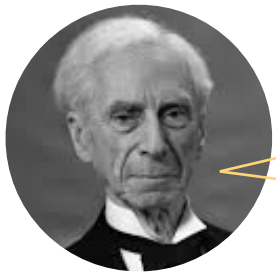


The people who are regarded as moral luminaries are those who forego ordinary pleasures themselves and find compensation in interfering with the pleasures of others.

Bertrand Russell

Give up money, give up fame, give up science, give the earth itself and all it contains, rather than do an immoral act.

Thomas Jefferson



We have, in fact, two kinds of morality side by side: one which we preach but do not practice, and another which we practice but seldom preach.

Bertrand Russell

Modern morality and manners suppress all natural instincts, keep people ignorant of the facts of nature and make them fighting drunk on bogey tales.

Aleister Crowley

Morality is doing what is right regardless of what you are told. Religion is doing what you are told regardless of what is right.

H.L. Mencken

Morality, like art, means drawing a line someplace.

Oscar Wilde

I have never believed there was one code of morality for a public and another for a private man.

Thomas Jefferson

The soul is the captain and ruler of the life of morals.

Sallust

How does something immoral, when done privately, become moral when it is done collectively? Furthermore, does legality establish morality? Slavery was legal; apartheid is legal; Stalinist, Nazi, and Maoist purges were legal. Clearly, the fact of legality does not justify these crimes. Legality, alone, cannot be the talisman of moral people.

Walter E. Williams

If people were always kind and obedient to those who are cruel and unjust, the wicked people would have it all their own way: they would never feel afraid, and so they would never alter, but would grow worse and worse. When we are struck at without a reason, we should strike back again very hard; I am sure we should—so hard as to teach the person who struck us never to do it again. I must dislike those who, whatever I do to please them, persist in liking me; I must resist those who punish me unjustly. It is as natural as that I should love those who show me affection, or submit to punishment when I feel it is deserved.

Jane Eyre

PRECEPT 9

ATTITUDE

attitude

mindset, perspective, view, philosophy, position, point of view

1. A state of mind; personal perspective, worldview.

2. A subjective view of the world, whether negative or positive, that results in a specific behavior.

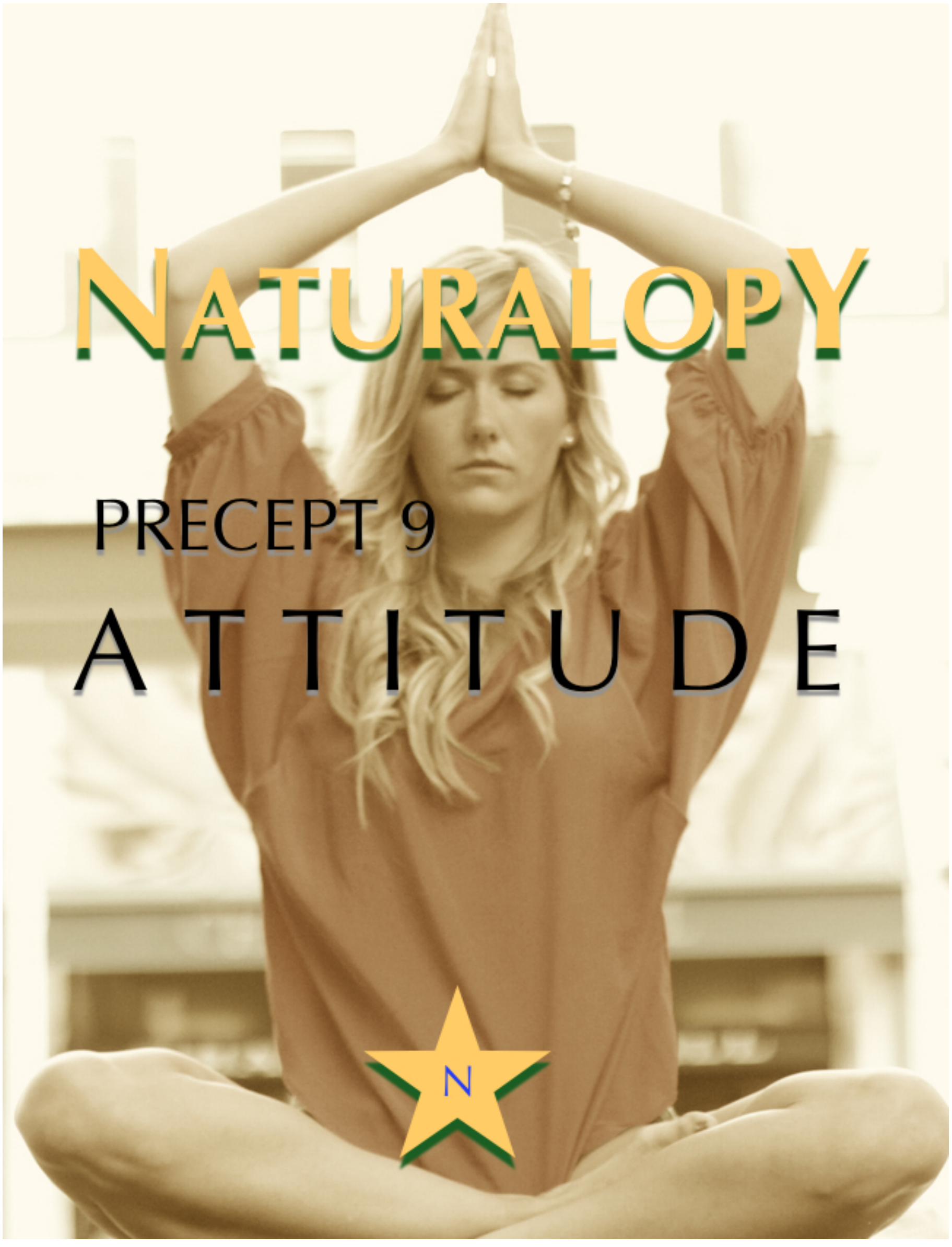
Some see the glass as half-empty, some see it as half-full, and others just fill-up the glass. That is attitude in a nutshell.

A person with a negative attitude blames the world for their woes. A person with a positive attitude looks for causes behind their woes, learns from them, and moves on.

A negative person plays the victim card—they have it bad because it's the color of their skin, gender, age, background, sexual preference, education, parents, friends, media...there's always an excuse with the negative person. On the other hand, a positive person evaluates, plans, and plows through their problems—blaming no one and no thing.

A positive person has the "if it's to be, it's up to me" attitude.

Be a positive person.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PRECEPT 9
ATTITUDE
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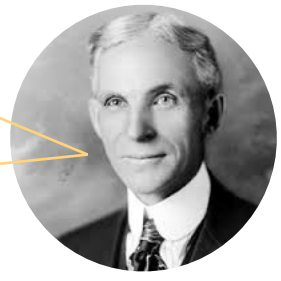
Whether you think you can or think you can't—you're right.



Henry Ford

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

Naturalopist

Winners dream big.
Winners make goals.
Winners think they can.
Winners work hard.

Losers make excuses.
Losers think no one can.
Losers blame other people.

You will never find time for anything. If you want time, you must make it.

Charles Buxton

The pessimist complains about the wind;
the optimist expects it to change;
the realist adjusts the sails.

William Arthur Ward

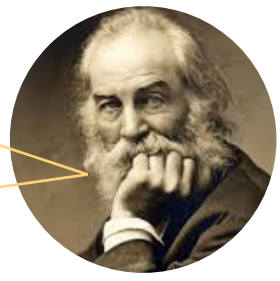
Change your thoughts and you change the world.

Norman Vincent Peale

The greatest discovery of my generation is
that a human being can alter his life by altering
his attitudes of mind.

William James

Keep your face always toward the sunshi-
ne—and shadows will fall behind you.



Walt Whitman

You can’t get much done in life if you only work on the days when you feel good.

Jerry West

If you can’t change your fate, change your attitude.

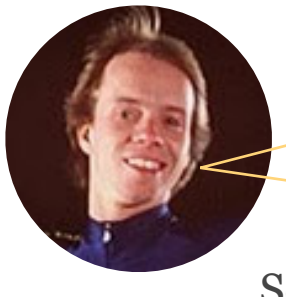
Amy Tan

If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.

Mahatma Gandhi

The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up.

John C. Maxwell



The only disability in life is a bad attitude.

Scott Hamilton

Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy.

Sara Avant Stover

There is a little difference in people, but that little difference makes a Big Difference. The little difference is attitude and the big difference is whether it is positive or negative.

W. Clement Stone

A positive attitude is not a destination. It's a way of life. Attitude is everything!

Naturalopist

Sometimes life can hit you in the head with a brick. Don’t lose faith.

Steve Jobs

Be an encourager. The world has plenty of critics already.

Dave Willis

Some people will never like me. And I will never care.

Naturalopist

People who shine from within don’t need a spotlight on them.

Zig Ziglar

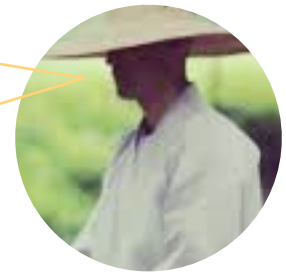
Don’t worry about hurting my feelings because I guarantee you not one bit of my self-esteem is tied up in your acceptance.

Dr. Phil

If you don't like something, create the alternative.

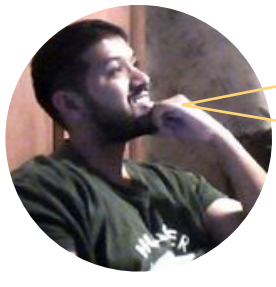
Naturalopist

A student asked Suzuki Roshi why the Japanese make their teacups so thin and delicate that they break easily. He answered, “It's not that they're too delicate, but that you don't know how to handle them. You must adjust yourself to the environment, and not vice versa.”

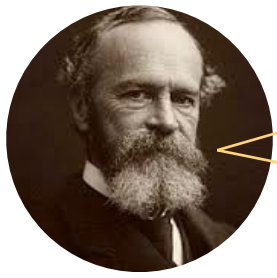


Zen Buddhism

Mustafa Alam



No matter what, there will always be somebody who will try their hardest to take all that happiness that shines in and out of you; people will hate you even for being good. Keep on shining, because you're doing something right to have haters.



Whenever you’re in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.

William James

Steve Jobs was born out of wedlock, put up for adoption at birth, dropped out of college, sold his vehicle to start Apple, got ousted from the company he founded, then changed the world. What's your excuse?

Naturalopist

And we have complete control over our own attitude. We are the ones we decide how we feel, how we look at things, how we react.

Catherine Pulsifer

The problem is not the problem. The problem is your attitude about the problem. Do you understand?

Johnny Depp, *Pirates of the Caribbean*

Any fool can criticize, condemn, and complain—and most fools do.

Dale Carnegie

No one is ready for a thing until he believes he can acquire it.

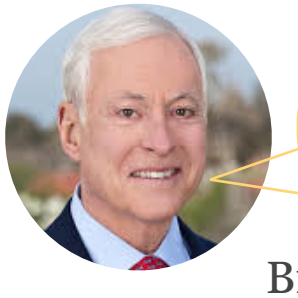
Napoleon Hill

It's not about a trophy, a placing or a prize. It's about setting goals and surpassing them. It's about discipline, dedication, willpower, reaching deep down and finding inner strength that you didn't even know you had. It's about structure and putting in the work and following the plan. It's science and I'm a living experiment. It's about being better than my former "best" and proving to myself that I can achieve this. That's why I do it and that's what it's all about.

Naturalopist

Promote what you love instead of bashing what you hate.

Naturalopist



Your attitude is an expression of your values, beliefs, and expectations.

Brian Tracy

You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win.

Zig Ziglar

Two things define you: Your patience when you have nothing, and your attitude when you have everything.

Naturalopist

Whatever life gives you, even if it hurts, just be strong and act like you’re okay. Strong walls shake, but never collapse.

Motherly Advice

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

HenryFord

The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results.

Norman Vincent Peale

Paralysis by analysis. Thinking is good. Over-thinking can end things before they ever get the chance to develop.

Naturalopist

When you change the way you look at things, the things you look at change.

Max Planck

We are the product of our attitude and choices, not of our circumstance.

Naturalopist

You become what you believe.

Oprah Winfrey

If you aren't fired with enthusiasm, you will be fired with enthusiasm.

Vince Lombardi

The will to win, the desire to succeed, and the urge to reach your full potential; these are the keys that will unlock the door to personal excellence.

Confucius

The question isn't who is going to let me; it's who is going to stop me.

Ayn Rand

I'm sorry if you don't like my honesty. But to be fair I don't like your lies.

Naturalopist

Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

Herm Albright

A positive attitude makes a productive minute, which makes a productive hour, which makes a productive day, which makes a productive week; then a productive month, year, and eventually a productive life. That positive attitude has to start now.

Naturalopist

Weakness of attitude becomes weakness of character.

Albert Einstein

Believe you can and you’re halfway there.

Theodore Roosevelt

The person who says it cannot be done should not interrupt the person who is doing it.

Chinese Proverb

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

Kahlil Gibran

Nothing is impossible, the word itself says, “I’m possible!”

Audrey Hepburn

Do you know what my secret is? You, see, I don’t mind what happens.

Jiddu Krishnamurti

A bad attitude is like a flat tire. If you don’t change it, you’ll never go anywhere.

Naturalopist

You can do anything you put your mind to.

Benjamin Franklin

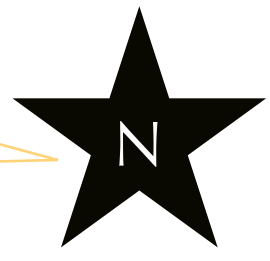
Attitudes are contagious. Are yours worth catching?

Dennis and Wendy Mannering

Life is like a roller coaster. It has its ups and downs. But it's your choice to scream or enjoy the ride.

Naturalopist

It's not my fault, but it is my problem to solve.



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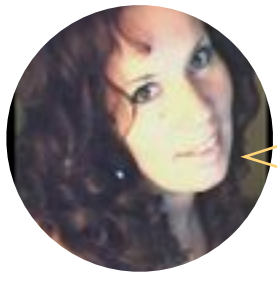


Two things define you: your attitude when you are at your worst and your attitude when you are at your best.

Comic Strip Mama

Our attitude toward life determines life's attitude towards us.

Earl Nightingale

Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.

Tom Blandi

Are you saying it can't be done, or you can't do it?

Trung Nguyen

Having a positive mental attitude is asking how something can be done rather than saying it can't be done.

Bo Bennett

Wherever you go, no matter what the weather, always bring your own sunshine.

Anthony J. D'Angelo

Life is a shipwreck but we must not forget to sing in the lifeboats.

Voltaire

If you don't think every day is a good day, just try missing one.

Cavett Robert

The only difference between a good day and a bad day is your attitude.

Dennis S. Brown

Some men have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can.

Willis Whitney

Complaining about a problem without proposing a solution is called whining.

Theodore Roosevelt

When something goes wrong in your life, just yell, “PLOT TWIST!” And move on.

Naturalopist

The moment you change your perception, is the moment you rewrite the chemistry of your body.

Bruce Lipton

Attitude is a little thing that makes a big difference.

Winston Churchill

They can because they think they can.

Virgil

Your Attitude + Your Choices = Your Life

Naturalopist

The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

Winston Churchill

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

Francesca Reigler

If a person has ugly thoughts, it begins to show on the face. And when that person has ugly thoughts every day, every week, every year, the face gets uglier and uglier until it gets so ugly you can hardly bear to look at it. A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

Roald Dahl

If you don't like something, change it; if you can't change it, change the way you think about it.

Mary Engelbreit

COLIN POWELL'S RULES

1. It isn’t as bad as you think. It will look better in the morning.

2. Get mad, then get over it.

3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.

4. It can be done!

5. Be careful what you choose. You may get it.

6. Don't let adverse facts stand in the way of a good decision.

7. You can't make someone else's choices. You shouldn't let someone else make yours.

8. Check small things.

9. Share credit.

10. Remain calm. Be kind.

11. Have a vision. Be demanding.

12. Don't take counsel of your fears or naysayers.

13. Perpetual optimism is a force multiplier.

Colin Powell

PESSIMISM

pessimism

expectation of the worst, cynicism, unhappiness, gloomy worldview

1. A general belief that bad things will happen.

2. A habit of stressing only negative and unfavorable outcomes.

A pessimist is a miserable person who projects their misery unto others. A pessimist projects their misery by way of cutting sarcasm, pessimism, and expert-friendly advice veiled as “everything will fail”, “it’s not worth it”, “don’t even try”, “it’s been done before”, and “you can’t do it” worst case scenarios. Lurking behind that pessimism are insecurity and jealousy—a pessimist is usually a person who has already failed and secretly wants others to fail.

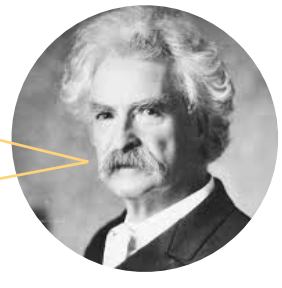
The best way to respond to a pessimist (or hater) is silence. Silence is the best option not because we are scared of the pessimist, or afraid of being politically incorrect; we remain silent toward them because they’re not worth our time. A positive person has about 5-10 things on their to-do list that are far more important than responding to a pessimist.

Pessimists are toxic people, therefore they’re to be avoided like the plague if we want to be productive.

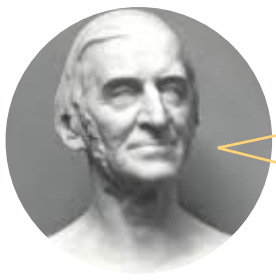
When people undermine your dreams, predict your doom or criticize you, remember they're telling you their story, not yours.

Cynthia Occelli

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.



Mark Twain



Your own mind is a sacred enclosure into which nothing harmful can enter except by your permission.

Ralph Waldo Emerson

Don't worry about those who talk behind your back, they're behind you for a reason.

Naturalopist

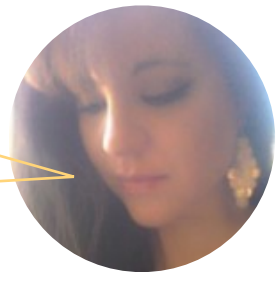
A successful person is one who can lay a firm foundation with the bricks that others throw at them.

David Brinkley

Complaining is another way of saying to others, “You solve the problem.”

Tsem Tulku Rinpoche

Don’t concern yourself with the opinions of those who judge you. That is placing on them an importance they do not have.



Donna Lynn Hope

If you don’t like me, remember it’s mind over matter: I don’t mind and you don’t matter.

Naturalopist

All things are difficult before they are easy.

Thomas Fuller

Don’t feed the haters and trolls! Silence is the best response to stupidity and ignorance.

Naturalopist

Some people will throw stones in your path.
You can make a wall or bridge from them.
Remember, you are the architect of your life.

Naturalopist

Any fool can criticize, condemn and complain—and most fools do.

Benjamin Franklin

Little minds have little worries,
big minds have no time for worries.

Ralph Waldo Emerson

To belittle, you have to be little.

Kahlil Gibran

Don’t ever let pessimists, troublemakers, haters, and toxic people rent space in your head. Raise the rent and kick them out. Avoid them like the plague and kick them out of your life, too!

Naturalopist

Silence is the best response to a fool.

Naturalopist

The battles that count aren't the ones for gold medals. The struggles within yourself–the invisible battles inside all of us–that's where it's at.

Jesse Owens

When others put you down for who you are or what you're doing, it just means that you're going in the right direction.

Tsem Tulku Rinpoche

I've had a lot of worries in my life, most of which never happened.

Mark Twain

The less you respond to negative people, the more peaceful your life will be.

Motherly Advice

There is only one way to avoid criticism: do nothing, say nothing, and be nothing.

Aristotle

Scorn not the weak cub, for he may become a powerful tiger.

Genghis Khan

“I’m bored” is a useless thing to say. I mean, you live in a great, big, vast world that you’ve seen none percent of. Even the inside of your own mind is endless; it goes on forever, inwardly, do you understand? The fact that you’re alive is amazing, so you don’t get to say, “I’m bored.”

Louis C.K.

The jealous are troublesome to others, but torment to themselves.

William Penn

No one can make you feel inferior without your consent.

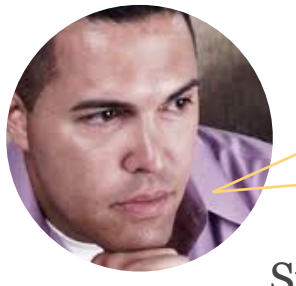
Eleanor Roosevelt

There is a huge amount of freedom that comes to you when you take nothing personally.

Don Miguel Ruiz

The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore.

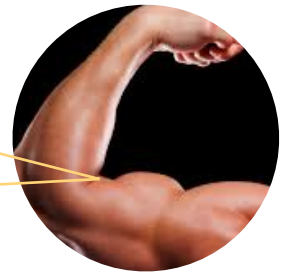
C. JoyBell C.



Don't worry about the haters. They are just angry because the truth you speak contradicts the lie they live.

Steve Maraboli

There will be haters, doubters, non-believers, and then there will be you proving them wrong.



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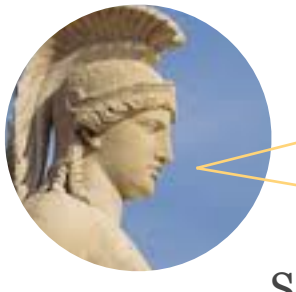


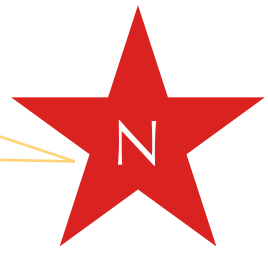
Haters and bullies are always cowards, you know. They like to pick on little guys.

Scylar Tyberius

Whoever is trying to bring you down is already below you.

Naturalopist

Avoid negative people, for they are the destroyers of self-confidence and self-esteem. Surround yourself with people who bring out the best in you.



Naturalopist

Begin each day by telling yourself: Today I shall be meeting with interference, ingratitude, insolence, disloyalty, ill-will, and selfishness—all of them due to the offender's ignorance of what is good and evil. That people of a certain type should behave as they do is inevitable. To wish it otherwise were to wish the fig tree would not yield its juice.

Marcus Aurelius

I don't care what you think about me.
I don't think about you at all.

Coco Chanel

By the way, what have you done that's so great? Do you just criticize the work of others and belittle their motivation?

Steve Jobs

Everyone faces defeat. It may be a stepping-stone or a stumbling block, depending on the mental attitude with which it is faced.

Napoleon Hill

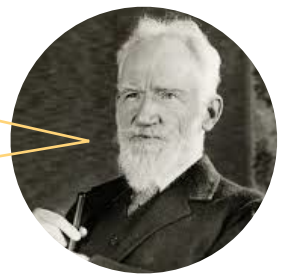
Should you ever find yourself the victim of other people's bitterness, smallness, pettiness, or insecurities, remember things could be worse: You could be them.

Naturalopist

Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worst habit you could possibly have.

Dale Carnegie

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.



George Bernard Shaw

Destiny is for losers. It's just a stupid excuse to wait for things to happen instead of making them happen.

Blair Waldorf

No pessimist ever discovered the secrets of the stars.

Helen Keller

Go 24 hours without complaining, not even once.
Then watch how your life starts changing.

Katrina Mayer

If anyone tells you that a certain person speaks ill of you, do not make excuses about what is said of you but answer, “He was ignorant of my other faults, else he would not have mentioned these alone.”

Epictetus

In order for you to insult me, I would first have to value your opinion.

Naturalopist

People are gonna laugh at you—let them laugh! The best revenge is massive success.

Frank Sinatra

Haters don't really hate you, they hate themselves; because you're a reflection of what they wish to be.

Yaira N

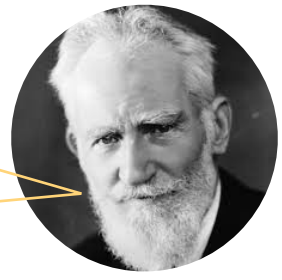
If someone has something bad to say about you, it's probably because they have nothing good to say about themselves.

Naturalopist

When a person tells you something can’t be done or you can’t do something, what they’re saying is that they’ve already failed or they can’t do it. They’re trying to discourage you.

Trung Nguyen

People who say it cannot be done should not interrupt those who are doing it.



George Bernard Shaw

The dogs bark and the caravan moves on.

Arab Proverb

The people who talk behind your back are behind you for a reason.

Naturalopist

Don't be distracted by criticism. Remember the only taste of success some people have is when they take a bite out of You.

Zig Ziglar

THE DONKEY

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Moral of the Story

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up!

Shake it off and take a step up.

OPTIMISM

optimism

confidence, hopefulness, anticipation, positive outlook, cheery demeanor

1. A tendency to expect the best, or at least, a favourable outcome.

2. The belief that good will eventually triumph over evil.

An optimist blames no one and no thing for their position in life. An optimist dreams, plans, works hard, experiments, and takes corrective actions when necessary. Optimism does not mean waiting for good things to happen–that's wishful thinking or dreaming. Optimism is working hard toward a goal and expecting a favourable outcome. If the outcome is different than what we expected, then we change how we pursue that goal—we don't change the goal itself, just the methods.

Be an optimist, because 1) the world has more good people than it does bad, and 2) we attract what we continuously think about.

Think good things and do good things to attract good things.

Once you replace negative thoughts with positive ones, you'll start having positive results.

Willie Nelson

Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A “you can do it” when things are tough.

Richard M. DeVos

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.

Pat Riley

An attitude of positive expectation is the mark of the superior personality.

Brian Tracy

In order to carry a positive action we must develop here a positive vision.

Dalai Lama XIV

Positive minds live positive lives.

Positive mind.
Positive vibes.
Positive life.

Naturalopist

Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place.

Kurt Vonnegut

With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.

Wayne Dyer

You can't make positive choices for the rest of your life without an environment that makes those choices easy, natural, and enjoyable.

Deepak Chopra

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.

Abraham Lincoln

Some see the glass half empty. Some see it half full. Others fill up the glass.

Naturalopist

Positive feelings come from being honest about yourself and accepting your personality, and physical characteristics, warts and all; and, from belonging to a family that accepts you without question.

Willard Scott

As long as you're making progress, congratulate yourself and yell, "Keep up the great work!"

Naturalopist

Don't let jealousy or insecurity speak because it makes you sound foolish. If you're jealous of someone else, work harder for yourself. But don't attack or critique someone just because you're unhappy with yourself.

Tony Gaskins

Be like a proton and stay positive.

Naturalopist

You can make excuses and regress, or you can work hard and make progress. It's your life. You always have the final choice.

Trung Nguyen

Thoughts Become Things.
Choose The Good Ones!

Mike Dooley

If opportunity doesn’t knock, build a door.

Milton Berle

A bird sitting on a tree is never afraid of the branch breaking because her trust is not on the branch, but on the strength of her wings. Always believe in yourself. As soon as you trust yourself, you will know how to live.

Johann Goethe

A lot of times people look at the negative side of what they feel they can't do. I always look on the positive side of what I can do.

Chuck Norris

Always turn a negative situation into a positive situation.

Michael Jordan

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

Norman Vincent Peale

People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?

Thich Nhat Hanh

I believe in karma, and I believe if you put out positive vibes to everybody, that's all you're going to get

Kesha

Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain.

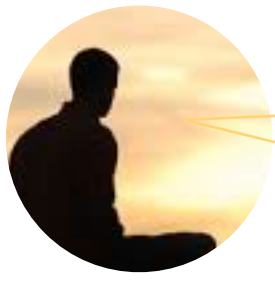
Vivian Greene

Obstacles are challenges for winners
and excuses for losers.

M.E. Kerr

One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.

Lucille Ball



Free yourself from negative people. Spend time with nice people who are smart, driven, and likeminded. Relationships should hep you, not hurt you. Surround yourself with people who reflect the person you want to be. Choose friends who you are proud to know, people you admire, who love and respect you—people who make your day a little brighter simply by being in it. Life is too short to spend time with people who suck the happiness out of you. When you free yourself from negative people, you free yourself to be YOU—and being YOU is the only way to truly live.

Peaceful Warrior

Thinking a positive person will never get angry, sad, upset, or overwhelmed is like thinking a doctor will never get sick or break a bone. Life happens and it's not always sunshine and good times. You are a positive person but everyone has their limits. It's okay to feel whatever you are feeling in the moment and not judge yourself because you didn't immediately see the bright side. Positive people allow themselves to be human.

Doe Zantamata

Good people bring out the good in people.

Cory Booker

How would your life be different if you stopped allowing other people to dilute or poison your day with their words or opinions? Let today be the day you stand strong in the truth of your beauty and journey through your day without attachment to the validation of others.

Steve Maraboli

You cannot let a fear of failure, or a fear of comparison, or a fear of judgment stop you from doing what's going to make you great. You cannot succeed without the risk of failure. You cannot have a voice without a risk of criticism. And you cannot love without the risk of loss. You must go out and take these risks. Everything I'm proud of in this life has been a terrifying prospect to me. None of it has been easy. Do what's scary, what's hard, what's uncomfortable, and what pays off in the long-run. Be ready to fail, let yourself fail. Fail in the way, in the place where you want to fail. Fail. Pick yourself up and fail again. Because without this struggle, what is your success anyway?

Charlie Day

THE LITTLE ENGINE THAT COULD

In a certain railroad yard there stood an extremely heavy train that had to be drawn up an unusually heavy grade before it could reach its destination. The superintendent of the yard was not sure what it was best for him to do, so he went up to a large, strong engine and asked, "Can you pull that train over the hill?"

"It is a very heavy train," responded the engine.

He then went to another great engine and asked, "Can you pull that train over the hill?"

"It is a very heavy grade," the big engine replied. The superintendent was much puzzled, but he turned to still another engine that was spick and span new, and he asked it, "Can you pull that train over the hill?"

"I think I can," responded the engine.

So the order was circulated, and the engine was started back so that it might be coupled with the train, and as it went along the rails it kept repeating to itself: "I think I can. I think I can. I think I can."

The coupling was made and the engine began its journey, and all along the level, as it rolled toward the ascent, it kept repeating to itself, "I...think...I can. I...think...I...can. I think I can!"

Then it reached the grade, but its voice could still be heard, "I think I can! I think I can! I think I can!”

Higher and higher it climbed, and its voice grew fainter and its words came slower, "I–think—I—can."

It was almost to the top.

“I—think…"

It was at the top.

"I—can!"

It reached the top by drawing on a positive attitude and bravery.

ENTHUSIASM

enthusiasm

energy, passion, zeal, conviction, fanaticism, vivacity, zest, intensity

1. An intense feeling, excitement, and eagerness for a cause or goal.

2. Great excitement for a cause or subject; inspired by a cause or goal.

Enthusiasm can be fleeting if a goal is uninspiring. If the goal is inspiring but we've lost enthusiasm, then enthusiasm must be forced in periods of apathy or doubt.

To be enthusiastic:

1. Visualize how it feels once the goal has been achieved.

2. Force yourself to act enthusiastically: smile, laugh, do head-shakes, do jumping jacks, shout, or anything to get the blood pumping.

3. Surround yourself with enthusiastic people.

Enduring enthusiasm is a daily habit.

You can do anything if you have enthusiasm.

Henry Ford

Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body, and soul.

Charles Buxton

Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success.

Dale Carnegie

Every person is enthusiastic at times. One person has enthusiasm for 30 minutes; another person has it for 30 days, but it is the person who has it for 30 years who makes a success of life.

Edward Butler George

Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

Howard Thurman

Courage takes many forms. There is physical courage, there is moral courage. Then there is a still higher type of courage—the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead.

Howard Cosell

Nothing great was ever achieved without enthusiasm.

Ralph Waldo Emerson

The most powerful factors in the world are clear ideas in the minds of energetic persons of good will.

J. Arthur Thomson

Enthusiasm: the sustaining power of all great action.

Samuel Smiles

Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.

Ralph Waldo Emerson

Apathy can only be overcome by enthusiasm, and enthusiasm can only be aroused by two things: First, an ideal which takes the imagination by storm, and second, a definite intelligible plan for carrying that ideal into practice.

Arnold Toynbee

Rich people are almost always excellent promoters. They can are willing to promote their products, their services, and their ideas with passion and enthusiasm.

T. Harv Eker

Enthusiasm releases the drive to carry you over obstacles and adds significance to all you do.

Norman Vincent Peale

Let us endeavor so to live that when we come to die even the undertaker will be sorry.

Mark Twain

The key that unlocks energy is desire. It's also the key to a long and interesting life. If we expect to create any drive, any real force within ourselves, we have to get excited.

Earl Nightingale

The love of life is necessary to the vigorous prosecution of any undertaking.

Samuel Johnson

People rarely succeed unless they have fun in what they're doing.

Dale Carnegie

The world belongs to the energetic.

Ralph Waldo Emerson

I feel sorry for the person who can't get genuinely excited about his work. Not only will he never be satisfied, but he will never achieve anything worthwhile.

Walter Chrysler

The best way to cheer yourself up is to try to cheer somebody else up.

Mark Twain

Every great and commanding movement in the annals of the world is due to the triumph of enthusiasm.

Ralph Waldo Emerson

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.

Charles Kingsley

Every production of genius must be the production of enthusiasm.

Benjamin Disraeli

Ridicule has always been the enemy of enthusiasm, and the only worthy opponent to ridicule is success.

Oliver Goldsmith

Act enthusiastic and you will be enthusiastic.

Dale Carnegie

Enthusiasm is contagious. Be a carrier.

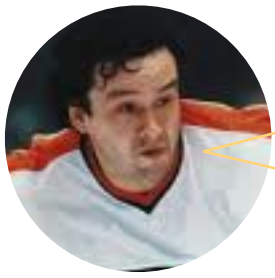
Susan Rabin

For every sale you miss because you're too enthusiastic, you will miss a hundred because you're not enthusiastic enough.

Zig Ziglar

Motivation will almost always beat mere talent.

Norman Augustine



Success is not the result of spontaneous combustion. You must set yourself on fire.

Reggie Leach

Chance can allow you to accomplish a goal every once in a while, but consistent achievement happens only if you love what you are doing.

Bart Conner

You have to work hard, and you have to enjoy what you're doing. If you don't enjoy it, no matter how hard you seem to work, you're not going to be working as hard as you can because you're not enjoying it.

John Wooden

Man is so made that whenever anything fires his soul, impossibilities vanish.

Jean de la Fontaine

Select your work carefully and if you don't love what you're doing enough to want to be the best at it, get out! Flee from the boring or unsatisfying job as you would from a burning building. Working at something you don't care about is the very best way to waste your life. Remember, this life is not a rehearsal for something else.

Brian Tracy

Being passionate about something is the key to success. But using that passion to help others is the key to happiness.

Arnold Schwarzenegger

The world belongs to the enthusiast who keeps cool.

Reggie Leach

If you have any talent, or any occupation that delights you, do it, and do it to the hilt. Don't ask why, or what difficulties you may get into.

Richard Feynman

PRECEPT 10

CHARACTER

character

personality, spirit, disposition, makeup, attribute, quality, feature

1. Strength of mind; resolution; independence; individuality; moral strength.

2. A complex of mental and ethical traits marking a person or a group.

The essence of character is to be our own person, to have a self-identity, and to live according to our philosophy and values regardless of others are doing. Too many times our character is influenced by the media, religion, peers, and the agenda of someone else. A person with a resolute and enduring character is one who is comfortable in their own skin—someone who is able to accept everything that has happened to them, good and bad. A person of strong character accepts the mistakes of the past as learning lessons and uses them to build the future. Remember, we are not sinners. Life is a learning process and we make mistakes in that process. Through our mistakes, we learn what to do and what not to do. When what we do becomes habitual, our character is formed. As with any habit, it has to be practiced.

There are a few notes on character:

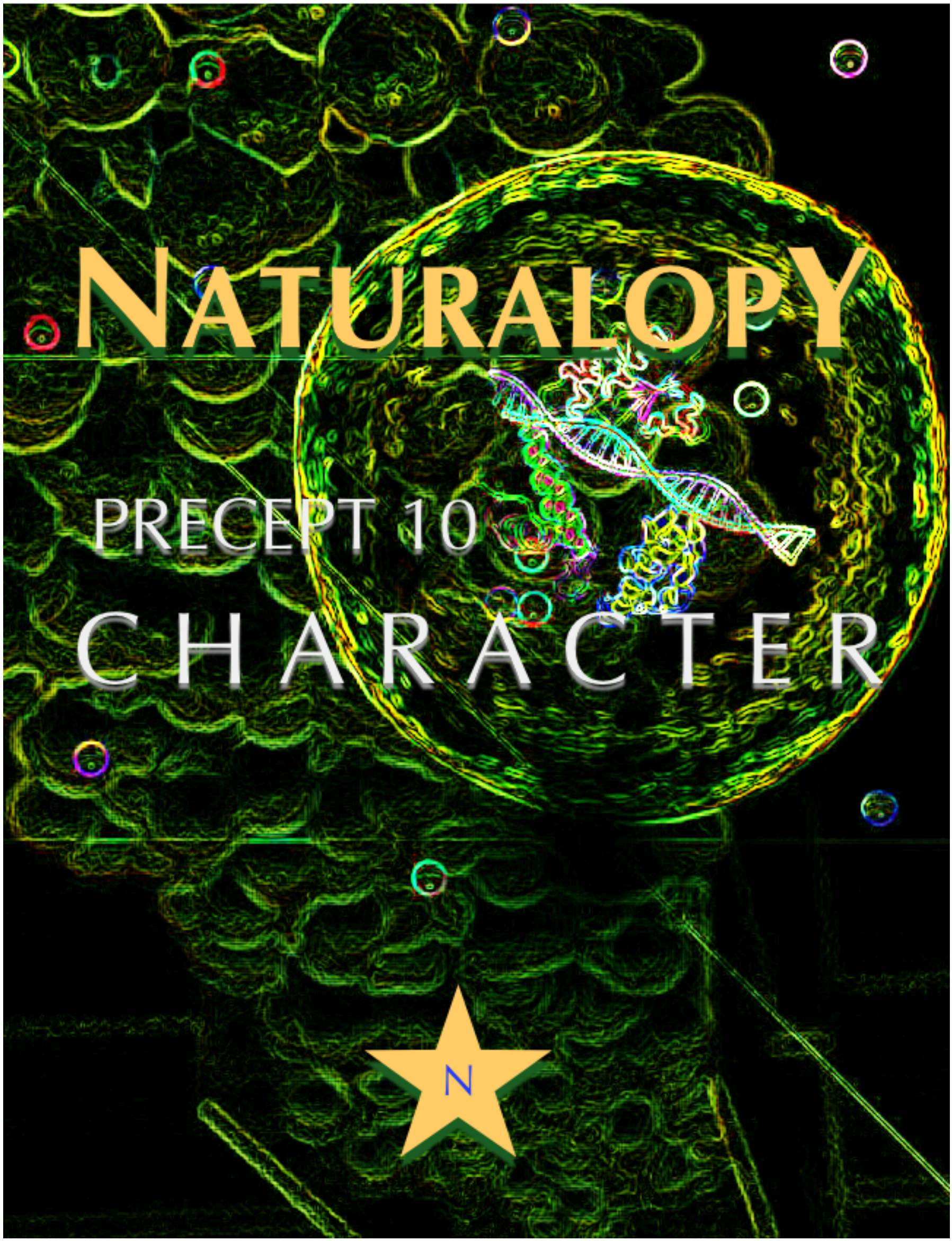
- our character is not our nature, since character is developed with experience.
- what people think who we are is our reputation, who we really are is our character.
- be a character of action—when we witness someone doing something wrong, don't condemn them for it, be silent and show them how to do the right thing.

As a note, if our reputation and character are different, then we need to determine the reasons why. Ideally, our reputation and character should be the same.

What a person stands for and what they stand against are good indicators of their character. A person with divine character is one whose morals are the same in public and

in private. However, often times, a person with a seemingly perfect character is hiding flaws, or even skeletons in the closet. We are human, therefore imperfect; being “perfect” 70-80% of the time is good enough.

In the end, people cherish us for our deeds, not our words. So, be a character of action, not words.


NATURALOPY
PRECEPT 10
CHARACTER
N

Do right and fear no one.

William Pierce

Respect yourself and others will respect you.

Buddha

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.

Oprah Winfrey

A Native American elder once described his own inner struggles in this manner: Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time. When asked which dog wins, he reflected for a moment and replied, “The one I feed the most.”

George Bernard Shaw

If you damage the character of another person, you damage your own.

Yoruba Proverb

The adult with a capacity for true maturity is one who has grown out of childhood without losing childhood's best traits. He has retained the basic emotional strengths of infancy, the stubborn autonomy of toddlerhood, the capacity for wonder and pleasure and playfulness of the preschool years, the idealism and passion of adolescence. He has incorporated these into a new pattern of development dominated by adult stability, wisdom, knowledge, sensitivity to other people, responsibility, strength, and purposiveness.

Joseph Stone and Joseph Church

Carl Jung

Everything that irritates us about others can lead us to an understanding of ourselves.

I compete only with myself, and I try to become a better human being. This is my goal.

Sri Chinmoy

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Abraham Lincoln

Trust is like an eraser. It gets smaller and smaller after every mistake.

Naturalopist

To be mature means to face, and not evade, every fresh crisis that comes.

Fritz Kunkel

A leader is best when people barely know he exists. When his work is done, his aim fulfilled, they will say, “We did it ourselves.”

Lao Tzu

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.

Martin Luther King, Jr.

Character is higher than intellect.

Ralph Waldo Emerson

Character is doing the right thing when nobody's looking. There are too many people who think that the only thing that's right is to get by, and the only thing that's wrong is to get caught.

J.C. Watts

Abuse a man unjustly, and you will make friends for him.

Edgar Watson Howe

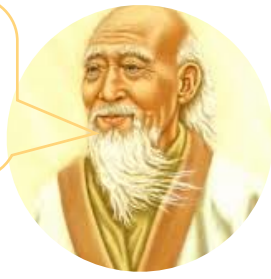
Do unto others 20% better than you expect them to do unto you, to correct for subjective error.

Linus Pauling

You will never each your destination if you stop and throw stones at every dog that barks.

Winston Churchill

At the center of your being you have the answer: you know who you are and you know what you want.



Lao Tzu

The Mahabharta

This is the sum of all: righteousness. In causing pleasure or in giving pain, in doing good or injury to others, a man obtains a proper rule of action by looking at his neighbor as himself.

Do not think lightly of good, that nothing will come of it. A pot full of water fills up from water droplets.

Buddha

Never try to please everyone; if you do, you will be respected by no one.

Paulo Coelho

When you ignore argumentative, rude, critical, cynical, manipulative, and pessimistic people, you'll find peace of mind in your life. Let your actions do the talking.

Naturalopist

Take care of your thoughts when you're alone and take care of your words when you're with people.

Naturalopist

You can't build a reputation on what you're going to do.

Henry Ford

Character isn't something you were born with and can't change, like your fingerprints. It's something you weren't born with and must take responsibility for forming.

Jim Rohn

Nobody can hurt me without my permission.

Mahatma Gandhi

Take time to deliberate; but when the time for action arrives, stop thinking and go in.

Andrew Jackson

I am a virgin, I don't drink, and I don't do drugs. There are always temptations, and they come in different ways, but this is really who I am. Nothing or anyone affects how I live my life. It's not that hard. I definitely know who I am. I don't care what anyone says.

Chelsie Hightower

In personal relationships, there is no benefit to you in arguing. In the end, you'll be judged for what you do and not what you say. So instead of arguing, save the energy and time for what needs to get done.

Naturalopist

Tension is who you think you should be. Relaxation is who you are.

和

Chinese Proverb

Get It Done

Don't complain how hard life is. Did you get the job done?

Naturalopist

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

Helen Keller

Great ambition is the passion of a great character. Those endowed with it may perform very good or very bad acts. All depends on the principles which direct them.

Napoleon Bonaparte

You're going to come across people in your life who will say all the right words at all the right times. But in the end, it's always their actions you should judge them by. It's actions, not words, that matter.

Nicholas Sparks

If you don't have anything nice to say, don't say it at all.

Motherly Advice

Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances.

Thomas Jefferson

Respect. Respect. Respect those above you; respect those beside you; respect those below you. Never above you, never below you, always beside you.

Learn to respect yourself before you can respect other people.

Naturalopist

Still water runs deep.

Ancient Adage

Where perfection exists, shame is always lurking.

Brene Brown

Follow the 3 RESs.

1. RESpect for others.
2. RESpect for yourself.
3. RESponsibility for all your actions.

Dalai Lama

A small leak will sink a great ship.

Benjamin Franklin

The price of greatness is responsibility.

Winston Churchill

I relax into living now, in this moment, and delight in the journey.

Buddha

Reprove thy friend privately;
commend him publicly.

Solon

No man is more cheated than a selfish man.

Henry Ward Beecher

Give up your selfishness, and you shall find peace; like water mingling with water, you shall merge in absorption.

Sri Guru Granth Sahib

It is better to remain silent and be thought a fool than to open one's mouth and remove all doubt.

Mark Twain

They who live have all things; they who withhold have nothing.

Hindu Proverb

Life is a learning process. You were born to make mistakes so you can learn what works and what doesn't, not fake perfection.

Naturalopist

Weird is a side-effect of awesome.

Naturalopist

Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.

Lao-Tzu

A person never discloses their own character so clearly as when they describe another's.

Jean Paul Richter

Never miss a good chance to shut up.

Will Rogers

You can catch more flies with honey than with vinegar.

Motherly Advice

We project unto others what we see in our own heart.

Naturalopist

The key to growth is the introduction of higher dimensions of consciousness into our awareness.

Lao Tzu

What a man's mind can create, man's character can control.

Thomas Edison

Conscience is no more than the dead speaking to us.

Jim Carroll

It is a funny thing about life; if you refuse to accept anything but the best, you can very often get it.

W. Somerset Maugham

When you assume (ASS U ME), you make an ASS out of U and ME.

Oscar Wilde

People grow through experience if they meet life honestly and courageously. This is how character is built.

Eleanor Roosevelt

How could have you expected anything differently when you knew about his pattern of behavior?

Naturalopist

When the character of a man is not clear to you, look at his friends.

Japanese Proverb

Lead by example. Most kids hear what you say; some kids do what you say; but all kids do what you do.

Kathleen Casey

I know of only one bird that talks: the parrot; and it can't fly very high.

Wilbur Wright

It is better to be hated for what you are than to be loved for what you are not.

Andre Gide

Some people make headlines while others make history.

Philip Elmer-DeWitt

Well done is better than well said.

Benjamin Franklin

You can't make excuses in life. You've got to get it done.

Herschel Walker

Doing as others told me, I was Blind.

Coming when others called me, I was Lost.

Then I left everyone, myself as well.

Then I found Everyone, Myself as well.

Rumi

Live in such a way that if anyone should speak badly of you, no one would believe it.

Naturalopist

Waste no more time arguing about what a good person should be. Be one.

Marcus Aurelius

Actions speak louder than words. Words are just that, words. They mean nothing when the actions are contradictory. Words can be deceitful and manipulative, actions are the truth. Trust not in words but in actions, for by their actions alone shall you see the true nature of a person.

Andrew Gregg

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.

Audrey Hepburn

Conquer the angry man by love. Conquer the ill-natured man by goodness. Conquer the miser with generosity. Conquer the liar with truth.

Buddha

Character: The willingness to accept responsibility for one's own life. It is the source from which self-respect springs.

Joan Didion

Life's Golden Rule: Do unto others what you would have them do unto you.

Motherly Advice

Never say anything when you're angry or you'll say the wrong things and regret them.

Motherly Advice

A mature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all-knowing and therefore all of us need both love and charity.

Eleanor Roosevelt

Conformity is the jailer of freedom and the enemy of growth.

John F. Kennedy

When facing a new challenge, making silence your first response gives you a chance to reflect before you speak, increasing the likelihood that what you say and do will be on target, intelligent, and useful. Further, silent reflection promotes the appropriate use of what we call in medicine a “tincture of time.” If you resist the urge to leap into action at the first moment a problem arises, the problem often fixes itself. In medicine, as in life, sometimes the wisest action is none at all.

Alex Lickerman

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

Martin Luther King, Jr.

The qualities of a great man are vision, integrity, courage, understanding, the power of articulation, and profundity of character.

Dwight Eisenhower

A leader leads by example, not by force.

Sun Tzu

Never bend your head. Always hold it high. Look the world straight in the face.

Helen Keller

Notice that the stiffest tree s most easily cracked, while the bamboo or will survives by bending with the wind.

Bruce Lee

Bad company corrupts good character. If you desire good character, associate with good people.

Naturalopist

ZEN SELF-CONTROL

During the civil wars in feudal Japan, an invading army would quickly sweep into a town and take control. In one particular village, everyone fled just before the army arrived—everyone except the Zen Master.

Curious about this old fellow, the general went to the temple to see for himself what kind of man this master was. When he wasn't treated with the deference and submissiveness to which he was accustomed, the general burst into anger.

“You fool,” he shouted as he reached for his sword, “don't you realize you are standing before a man who could run you through without blinking an eye!”

But despite the threat, the Zen Master was unmoved. “And do you realize,” the master replied calmly, “that you are standing before a man who can be run through without blinking an eye?”

COOL UNDER PRESSURE

One day there was an earthquake that shook the entire Zen temple. Parts of it even collapsed. Many of the monks were terrified. When the earthquake stopped the teacher said, “Now you have had the opportunity to see how a Zen man behaves in a crisis situation. You may have noticed that I did not panic. I was quite aware of what was happening and what to do. I led you all to the kitchen, the strongest part of the temple. It was a good decision, because you see we have all survived without injury. However, despite my self-control and composure, I did feel a little bit tense, which you may have deduced from the fact that I drank a large glass of water, something I never do under ordinary circumstances.”

One of the monks laughed quietly, but didn't say anything.

“What are you laughing at?” asked the teacher.

“That wasn't water,” the monk replied. “It was a large glass of soy sauce.”

INTEGRITY

integrity

honesty, purity, goodness, sincerity, incorruptible

1. Steadfast adherence to a strict moral or ethical code.

2. The state of being wholesome; unimpaired.

The truth always comes out in the end. Always.

Some people tell lies because they're afraid of the consequences; afraid to face the music, as the adage goes. Some tell lies because they're ignorant, believing no one will find out the truth. Some tell lies to appease other people—they care about what others think about them and want to fit in, conform, or be approved. Others tell lies for convenience, a short-cut out of social predicaments or for ill-gotten gains. Regardless of the reason, lying often escalates into a destructive habit.

An honest person doesn't need to tell lies because they can look in the mirror and say, "This is me. This is who I am. These are the things I've done. This is what I do. If people can't accept it, then I won't accept them in my life. I need approval from no one. I'm my own person. This is me."

However, we don't need to be honest to a fault when other people's emotions are at stake.

The truth always comes out in the end. So, save time and start telling the truth now. Remember, when we are comfortable in our skin, despite our lot in life, we need approval from no one. When we become our own person, integrity is easier to practice.

Three things cannot be long hidden: the sun, the moon, and the truth.

Buddha

We tell lies when we are afraid—afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger.

Tad Williams

Truth allows you to live with integrity. Everything you do and say shows the world who you really are. Let it be the Truth.

Oprah Winfrey

You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all the people all the time.

Abraham Lincoln

Honesty is the best policy.

Motherly Advice

Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.

Samuel Johnson

Those who think it is permissible to tell white lies soon grow color-blind.

Austin O’Malley

If you tell the truth you don't have to remember anything.

Mark Twain

Don’t cheat, lie, or steal. Be honest and work hard.

Motherly Advice

The biggest consequence to telling a lie is it leads you to telling another one.

Gary King

The truth needs no rehearsal.

Barbara Kingsolver

Where is there dignity unless there is honesty?

Cicero

No man has a good enough memory to make a successful liar.

Abraham Lincoln

Live so that when your children think of fairness and integrity, they think of you.

H. Jackson Brown, Jr.

Who lies for you will lie against you.

Bosnian Proverb

A lie has speed, but truth has endurance.

Edgar J. Mohn

A lie may take care of the present, but it has no future.

Naturalopist

Honesty is the first chapter in the book of wisdom.

Thomas Jefferson

When you stretch the truth, watch out for the snapback.

Bill Copeland

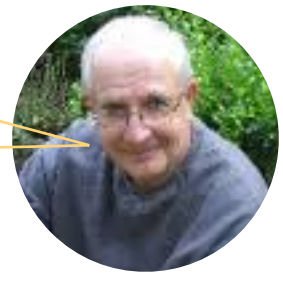
It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place.

Henry Louis Mencken

No legacy is so rich as honesty.

William Shakespeare

Every lie is two lies—the lie we tell others and the lie we tell ourselves to justify it.



Robert Brault

It takes many good deeds to build a good reputation, and only one bad one to lose it.

Benjamin Franklin

What is left when honor is lost?

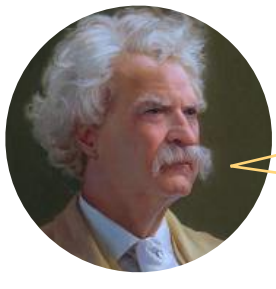
Publilius Syrus

Do not repeat anything you will not sign your name to.

Naturalopist

The least initial deviation from the truth is multiplied later a thousandfold.

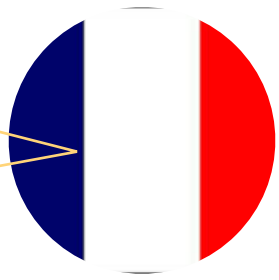
Aristotle



When in doubt, tell the Truth.

Mark Twain

There is no pillow so soft as a clear conscience.



French Proverb

Three may keep a secret, if two of them are dead.

Benjamin Franklin

To know what is right and not do it is the worst cowardice.

Confucius

Whoever is careless with the truth in small matters cannot be trusted with important matters.

Albert Einstein

Integrity is telling myself the truth. And honesty is telling the truth to other people.

Spencer Johnson

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.

Oprah Winfrey

THE BOY WHO CRIED WOLF

There once was a shepherd boy who was bored as he sat on the hillside watching the village sheep. To amuse himself he took a great breath and sang out, “Wolf! Wolf! The Wolf is chasing the sheep!”

The villagers came running up the hill to help the boy drive the wolf away. But when they arrived at the top of the hill, they found no wolf. The boy laughed at the sight of their angry faces.

“Don't cry 'wolf', shepherd boy,” said the villagers, “when there's no wolf!” They went grumbling back down the hill.

Later, the boy sang out again, “Wolf! Wolf! The wolf is chasing the sheep!” To his naughty delight, he watched the villagers run up the hill to help him drive the wolf away.

When the villagers saw no wolf they sternly said, “Save your frightened song for when there is really something wrong! Don't cry 'wolf' when there is NO wolf!” But the boy just grinned and watched them go grumbling down the hill once more. Later, he saw a REAL wolf prowling about his flock. Alarmed, he leaped to his feet and sang out as loudly as he could, “Wolf! Wolf!”

But the villagers thought he was trying to fool them again, and so they didn't come.

At sunset, everyone wondered why the shepherd boy hadn't returned to the village with their sheep. They went up the hill to find the boy. They found him weeping.

“There really was a wolf here! The flock has scattered! I cried out, ‘Wolf!’ Why didn't you come?”

An old man tried to comfort the boy as they walked back to the village.

“We'll help you look for the lost sheep in the morning,” he said, putting his arm around the youth, “Nobody believes a liar...even when he is telling the truth!”

DISCIPLINE

discipline

willpower, restraint, conduct, preparation, organization, self-control

1. Training for the improvement of mental and physical powers; self-control.

2. Creating methods and conditions to produce a desirable pattern of behavior or specific character.

Discipline can be mundane and monotonous, but it generates results. In the long-run, discipline endures where passion fades, and it is discipline that ignites passion. In periods of apathy, we need to force ourself to kickstart that project through discipline. Then without realizing it, we slowly become mired in the project, and passion is reignited, providing us the fuel to start, continue, and finish the project.

Ideally, discipline is doing the right thing in the right order. However, life is not a straight line—those detours we take only make sense later in life (just don't go off-road).

To change our character, ideas need to be tempered with patience and discipline. And to create something great, creativity needs to be tempered with discipline.

No life ever grows great until it is focused, dedicated, and disciplined.

Harry Emerson Fosdick

With self-discipline most anything is possible.

Theodore Roosevelt

Talent without discipline is like an octopus on roller skates. There's plenty of movement, but you never know if it's going to be forward, backwards, or sideways.

H. Jackson Brown, Jr.

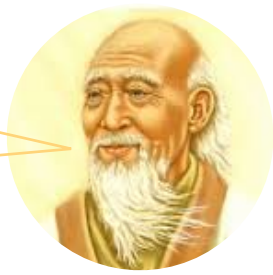
Self-discipline is that which, next to virtue, truly and essentially raises one man above another.

Joseph Addison

Whether you call it Buddhism or another religion, self-discipline, that's important. Self-discipline with awareness of consequences.

Dalai Lama XIV

You have to believe in yourself.



Lao Tzu

Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak and esteem to all.

George Washington

HOW TO SUCCEED IN LIFE

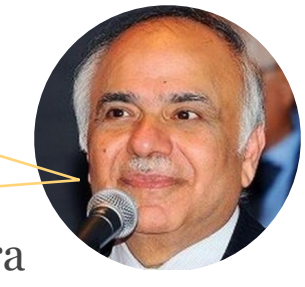
1. Know what you want.
2. Write down what you want.
3. Make a plan.
4. Focus on what you want.
5. Work on it every single day.
6. Amend the plan if necessary.
7. Work on it every day.

Motherly Advice

By constant self-discipline and self-control
you can develop greatness of character.

Grenville Kleiser

Strength does not come from physical activity.
It comes from the indomitable will.

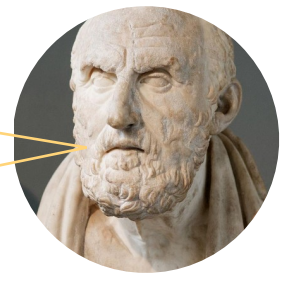


Ryuko Hira

He who reigns within himself and rules his pas-
sions, desires, and fears is more than a king.

John Milton

No man is free who is not master of himself.



Epictetus

Respond intelligently to even unintelligent treatment.

Lao Tzu

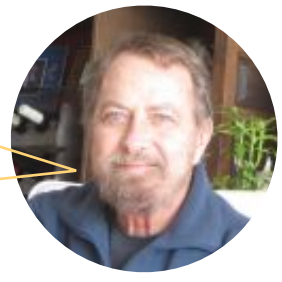
Think many times, make decision once.

Pubilius Syrus

Strong people strengthen others; wimpy people feel a need to break others down just to build themselves up.

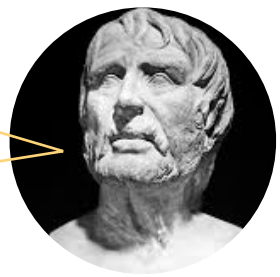
Art Jonak

Discipline is the defining fire by which talent becomes ability.



Roy Smith

No evil propensity of the human heart is so powerful that it may not be subdued by discipline.



Seneca

Man must be disciplined, for he is by nature raw and wild.

Immanuel Kant

That discipline which corrects the eagerness of worldly passions, which fortifies the heart with virtuous principles, which enlightens the mind with useful knowledge, and furnishes to it matter of enjoyment from within itself, is of more consequence to real felicity than all the provisions which we can make of the goods of fortune.

Robert Bridges

Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.

Julie Andrews

Either you run the day, or the day runs you.

Jim Rohn

Discipline is just doing the same thing the right way whether anyone's watching or not.

Michael J. Fox

Discipline is important simply because we live in an organized society where, if you have not learned life's requirements at early age, you will be taught later, not by those whose love tempers the lesson, but by strangers who could not care less about the harm they do to your personality.

William E. Homan

Self-discipline is an act of cultivation. It require you to connect today's actions to tomorrow's results. There's a season for sowing and a season for reaping. Self-discipline helps you know which is which.

Gary Ryan Blair

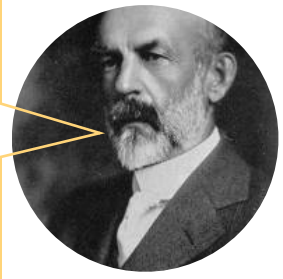
Discipline in its highest notion is not punishment or self-punishment. It is rather something seminal to the self. It is our foundation. It is our architecture. It gives us structure. It allows us to steer our energies and pull our wagon.

Noah Benshea

The greatest influence of discipline is to repress the weaknesses which grow out of individuality.

David G. Burnett

So far as discipline is concerned, freedom means not its absence but the use of higher and more rational forms as contrasted with those that are lower or less rational. A free discipline controls the individual by appealing to his reason and conscience, and therefore to his self-respect; while an unfree control works upon some lower phase of the mind, and so tends to degrade him. It is freedom to be disciplined in as rational a manner as you are fit for.



Charles H. Cooley

When discipline is sown, like a good seed, it yields a harvest of things that fulfill and satisfy us—things that make us happy and release peace and joy in our lives.

Joyce Meyer

THE HIGH ROAD

The High Road refers to a higher moral ground. For example, he took the high road in competing for the prize, practicing for hours, while his opponent resorted to bribing the judges. Taking the “high road” expression refers to one being a “class act” during a very difficult time.

Those who take the high road are demonstrating being honest, fair, and selfless while not being completely defenseless. For example, he didn't buckle under the constant scrutiny by public. He's taking the high road and will get through it fine.

THE FOUR AGREEMENTS

Rule 1: Be impeccable with your words.

Rule 2: Don’t make assumptions.

Rule 3: Don’t take anything personally.

Rule 4: Always do your best.

Miguel Ruiz

RESPONSIBILITY

responsibility

duty, care, onus, obligation, trust, importance

1. A duty, obligation or liability for which someone is held accountable.

2. The obligation to carry forward an assigned task to a successful conclusion.

Whether we realize it or accept it, we all have a personal responsibility to our community. This community responsibility is also called social responsibility, and social responsibility is an extension of personal responsibility. Unfortunately, since the 1960s, there has been a degeneration of personal responsibility: broken families, nearly 50% divorce rate, teens having babies, single mothers struggling to make ends meet, increased alcohol and drug addiction, and youth-on-youth violence. The degeneration of personal responsibility has culminated in the degeneration of the social structure. The only way to ensure a secure and stable social structure is to start at the home—start with ourself and the things we can influence and change.

Personal responsibility can be summed up with these 10 credos:

1. I need to take care of myself before I can take care of anyone else.
2. In personal relationships, MMOB (mind my own business).
3. If it's not mine, don't touch it.
4. It's not my place to judge.
5. Only do things that empower myself and my community.
6. Don't lend money or borrow money.
7. If I made it, I take care of it.
8. I give more to my community than I take out.
9. If I want something, I work for it.
10. I'm responsible for my actions. I have no one to blame but myself.

You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.

Jim Rohn

Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.

Helen Keller

I can’t respect a man who isn’t man enough to be faithful to his wife and kids. We all make mistakes, but don’t let a mistake become a habit. Man-up and settle down!

Tony Gaskins

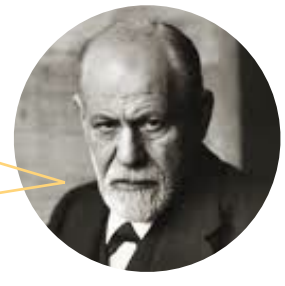
Why do children want to grow up? Because they experience their lives as constrained by immaturity and perceive adulthood as a condition of greater freedom and opportunity. But what is there today, in America, that very poor and very rich adolescents want to do but cannot do? Not much: they can “do” drugs, “have” sex, “make” babies, and “get” money (from their parents, crime, or the State). For such adolescents, adulthood becomes synonymous with responsibility rather than liberty. Is it any surprise that they remain adolescents?

Thomas Szasz

Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry their own weight, this is a frightening prospect.

Eleanor Roosevelt

Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.



Sigmund Freud

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

Denis Waitley

Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.

Thomas Edison

When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself.

Louis Nizer

N

When you blame others, you give up your power to change.

Naturalopist

Responsibility: A detachable burden easily shifted to the shoulders of God, Fate, Fortune, Luck or one's neighbor. In the days of astrology it was customary to unload it upon a star.

Ambrose Bierce

The willingness to accept responsibility for one's own life is the source from which self-respect springs.

Joan Didion

Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself.

Henry Ward Beecher

Responsibility walks hand in hand with capacity and power.

Josiah Gilbert

Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.

Anne Frank

You cannot escape the responsibility of tomorrow by evading it today.

Abraham Lincoln

Whatever happens, take responsibility.

Anthony Robbins

Being responsible sometimes means pissing people off.

Colin Powell

If you want children to keep their feet on the ground, put some responsibility on their shoulders.

Abigail Van Buren

With every civil right there has to be a corresponding civil obligation.

Edison Haines

THE SCORPION AND THE FROG

One day, a scorpion looked around at the mountain where he lived and decided that he wanted a change. So he set out on a journey through the forests and hills. He climbed over rocks and under vines and kept going until he reached a river.

The river was wide and swift, and the scorpion stopped to reconsider the situation. He couldn't see any way across. So he ran upriver and then checked downriver, all the while thinking that he may have to turn back.

Suddenly, he saw a frog sitting in the bushes by the bank of the stream on the other bank of the river. He decided to ask the frog for help crossing the stream.

“Hellooo, Mr. Frog!” called the scorpion across the water. “Would you be so kind as to give me a ride on your back across the river?”

“Well now, Mr. Scorpion! How do I know that if I help you, you won’t try to kill me?" asked the frog hesitantly.

The scorpion replied, “Because if I kill you, then I would die too, for you see I cannot swim!”

Now this seemed to make sense to the frog. But he asked, “What about when I get close to the bank? You could still try to kill me and get back to the shore!”

“That is true,” agreed the scorpion. “But then I wouldn't be able to get to the other side of the river!”

“All right then. How do I know you won’t just wait until we get to the other side and THEN kill me?” asked the frog.

“Ahh,” crooned the scorpion. “Because you see, once you've taken me to the other side of this river, I will be so grateful for your help, that it would hardly be fair to reward you with death, now would it?!”

So the frog agreed to take the scorpion across the river. He swam over to the bank and settled himself near the mud to pick up his passenger. The scorpion crawled onto the frog's back, his sharp claws prickling into the frog's soft hide, and the frog slid into the river. The muddy water swirled around them, but the frog stayed near the surface so the scorpion would not drown. He kicked strongly through the first half of the stream, his flippers paddling wildly against the current.

Halfway across the river, the frog suddenly felt a sharp sting in his back and, out of the corner of his eye, saw the scorpion remove his stinger from the frog's back. A deadening numbness began to creep into his limbs.

“You fool!" croaked the frog. “Now we shall both die! Why on earth did you do that?”

The scorpion shrugged, and did a little jig on the drowning frog's back.
“I could not help myself. It is my nature.”

Then they both sank into the muddy waters of the swift flowing river.

Self-destruction.

“It’s my Nature,” said the scorpion as he drowned.

Moral of the story: Avoid people with destructive habits, or they will drag you into their destruction.

COMMUNICATION

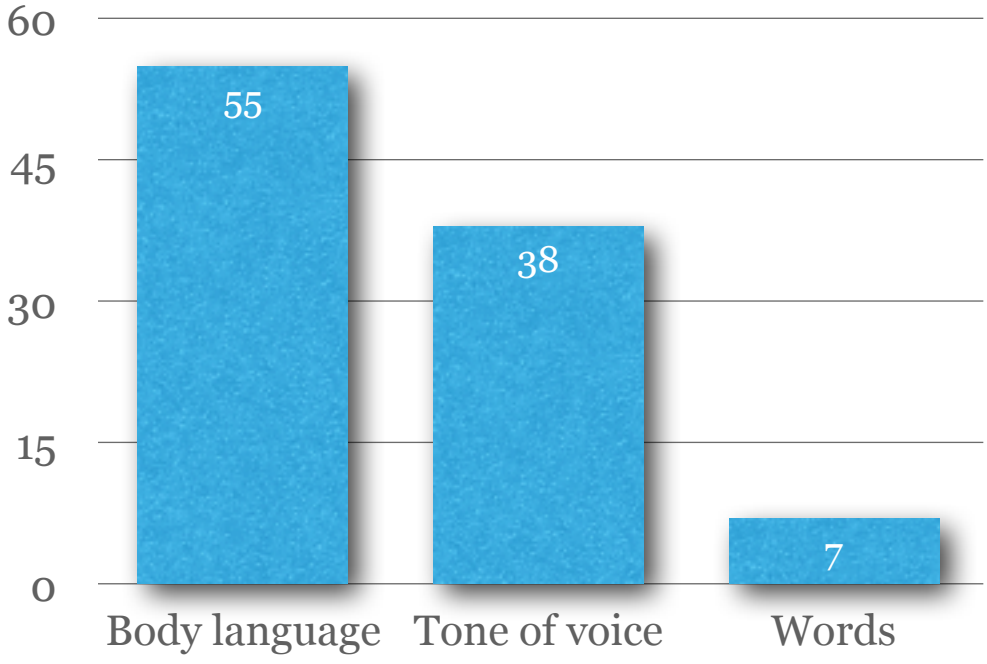
communication

articulation, expression, connection, transfer, writing, reading, transmission

1. The concept or state of exchanging data or information between entities.

2. A message; the essential data transferred in an act of communication.

Communication



Studies have shown that people with a limited vocabulary tend to be more violent and aggressive—unable to express their feelings in words, they tend to act out. Studies have also shown that a child's vocabulary and reading skill are an indicator of its educational success. The ability to articulate our feelings and desires to ourself (self-communication) and others is vital, much more so in today's digital age.

Our ability to explain dreams, articulate goals, draft ideas, and connect with others are all part of the communication umbrella. The essential skills of communication are (in order): reading, writing, and speaking. Remember, 55% of communication is body language, 38% tone of voice, and 7% the words we use. If we believe in an idea we're articulating, then the body language and tone of voice should come natural.

All successful people are good communicators, and all great leaders are great communicators.

We have two ears and one mouth so that we can listen twice as much as we speak.

Epictetus

Think like a wise man but communicate in the language of the people.

William Butler Yeats

The two words information and communication are often used interchangeably, but they signify quite different things. Information is giving out; communication is getting through.

Sydney Harris

Communication leads to community, that is, to understanding, intimacy, and mutual valuing.

Rollo May

The most important thing in communication is hearing what isn't said.

Peter Drucker

Most people don’t listen to understand. They listen to respond. We need to listen to understand.

Naturalopist

Wise men talk because they have something to say; fools, because they have to say something.

Plato

If you don’t have anything nice to say, don’t say it at all.

Motherly Advice

Speak when you are angry and you'll make the best speech you'll ever regret.

Ambrose Bierce

Our deeds and accomplishments communicate to others about who we are, more than anything we could say.

Naturalopist

Of all of our inventions for mass communication, pictures still speak the most universally understood language.

Walt Disney

Speak softly and carry a big stick.

Theodore Roosevelt

Better than a thousand hollow words is one word that brings peace.

Buddha

That which we are capable of feeling, we are capable of saying.

Cervantes

A man's character may be learned from the adjectives which he habitually uses in conversation.

Mark Twain

Give me the gift of a listening heart.

King Solomon

When people talk, listen completely.
Most people never listen.

Ernest Hemingway

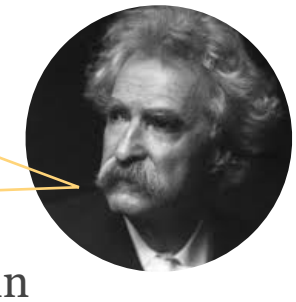
Be still when you have nothing to say; when genuine passion moves you, say what you've got to say, and say it hot.

D.H. Lawrence

Any problem, big or small, within a family, always seems to start with bad communication. Someone isn't listening.

Emma Thompson

The difference between the right word and the almost right word is the difference between lightning and a lightning bug.



Mark Twain

Speak clearly, if you speak at all; carve every word before you let it fall.

Oliver Wendell Holmes, Sr.

Effective communication is 20% what you know and 80% how you feel about what you know.

Jim Rohn

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.

Hans Hofmann

Electronic communication will never be a substitute for the face of someone who with their soul encourages another person to be brave and true.

Charles Dickens

PERSUASION IS BETTER THAN FORCE

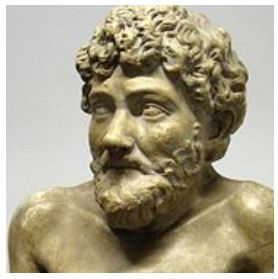
The North Wind and the Sun were disputing which was the stronger, when a traveler came along wrapped in a warm cloak.

They agreed that the one who first succeeded in making the traveler take his cloak off should be considered stronger than the other.

Then the North Wind blew as hard as he could, but the more he blew the more closely did the traveler fold his cloak around him; and at last the North Wind gave up the attempt.

Then the Sun shined out warmly, and immediately the traveler took off his cloak.

And so the North Wind was obliged to confess that the Sun was the stronger of the two.



Aesop

The North Wind and the Sun

PRECEPT 11

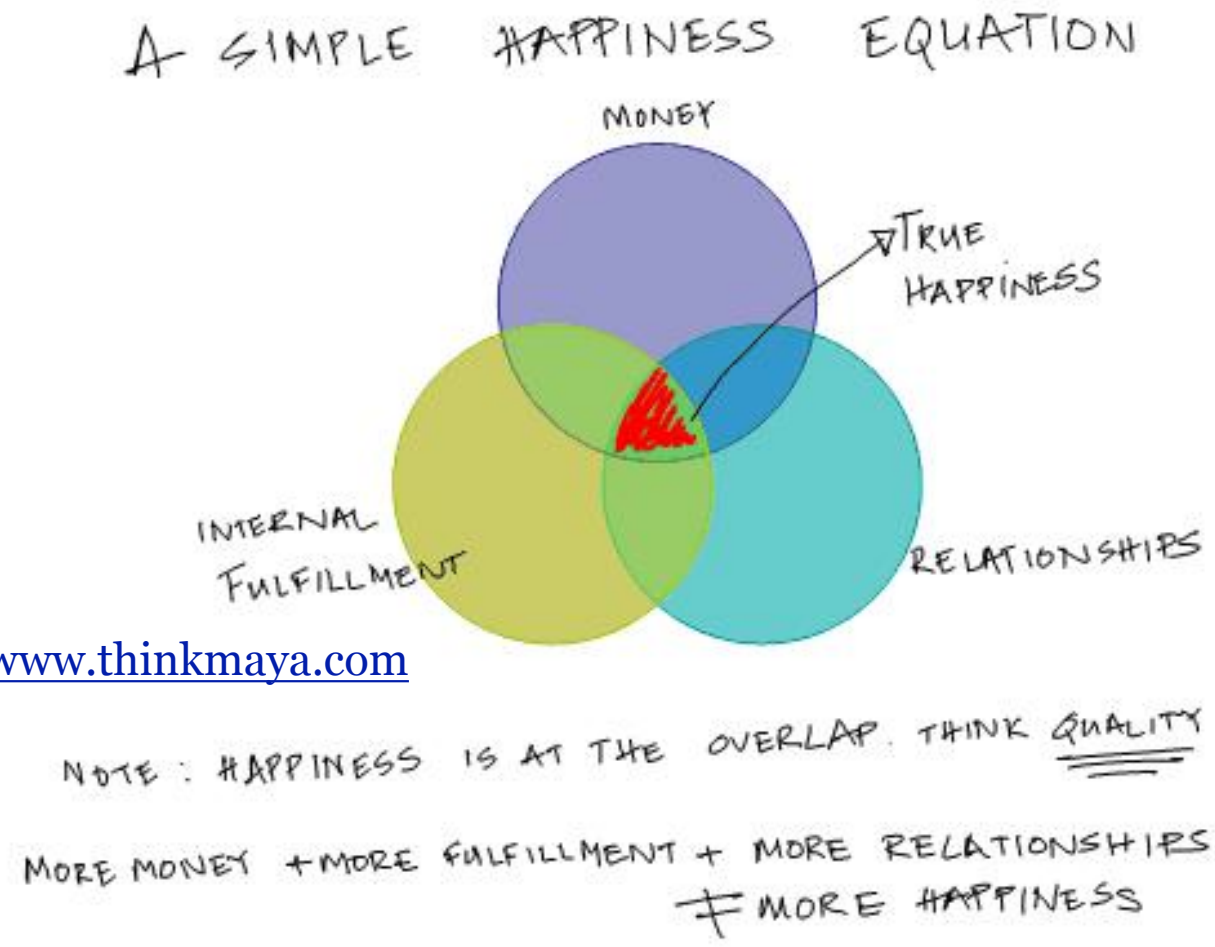
HAPPINESS

happiness

cheerfulness, exuberance, peace of mind, pleasure, prosperity, bliss, delight, joy

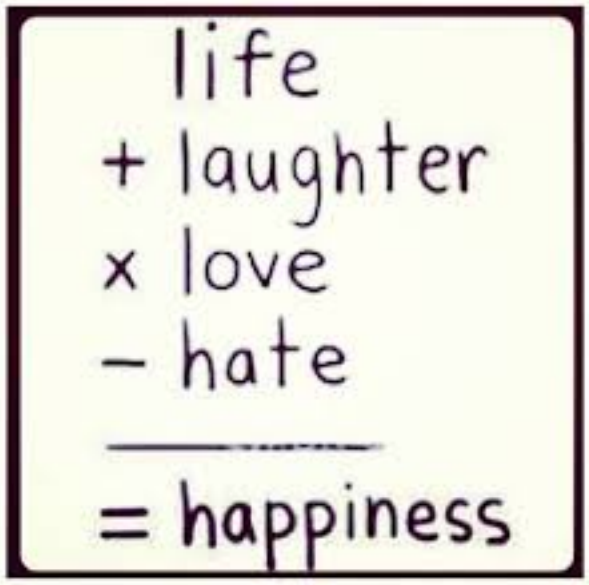
1. The emotion of being happy.

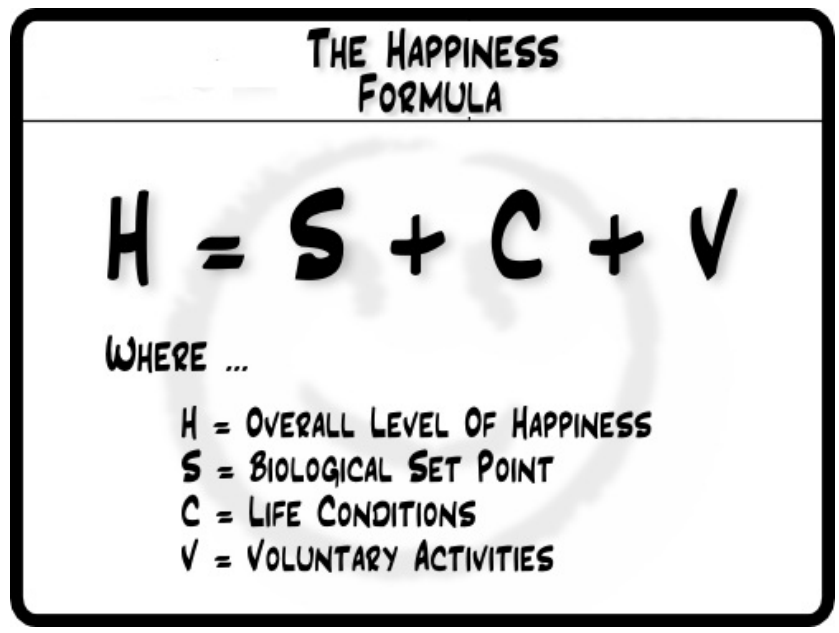
2. Characterized by joy and peace of mind; bliss.

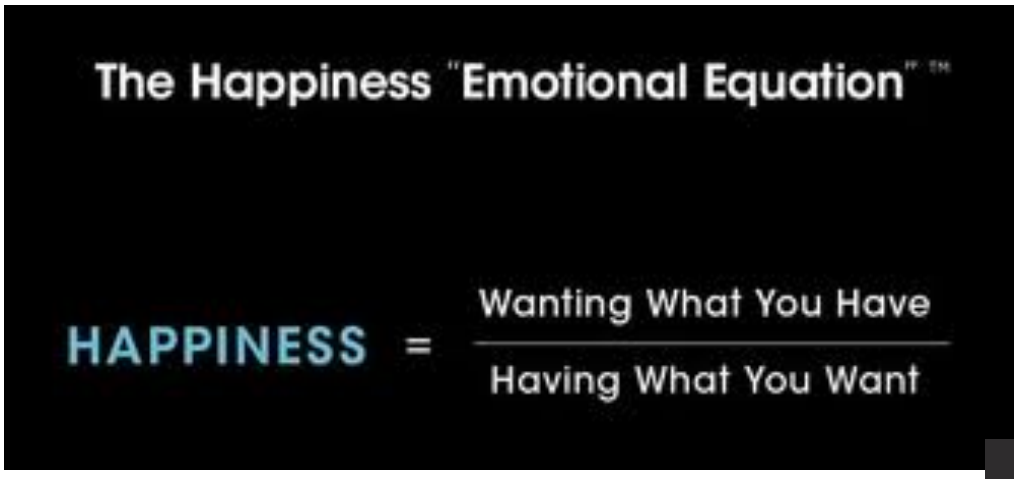


The condition for happiness exists
when your needs exceed your wants.

$$Happiness = \frac{Fulfillment}{Desires}$$

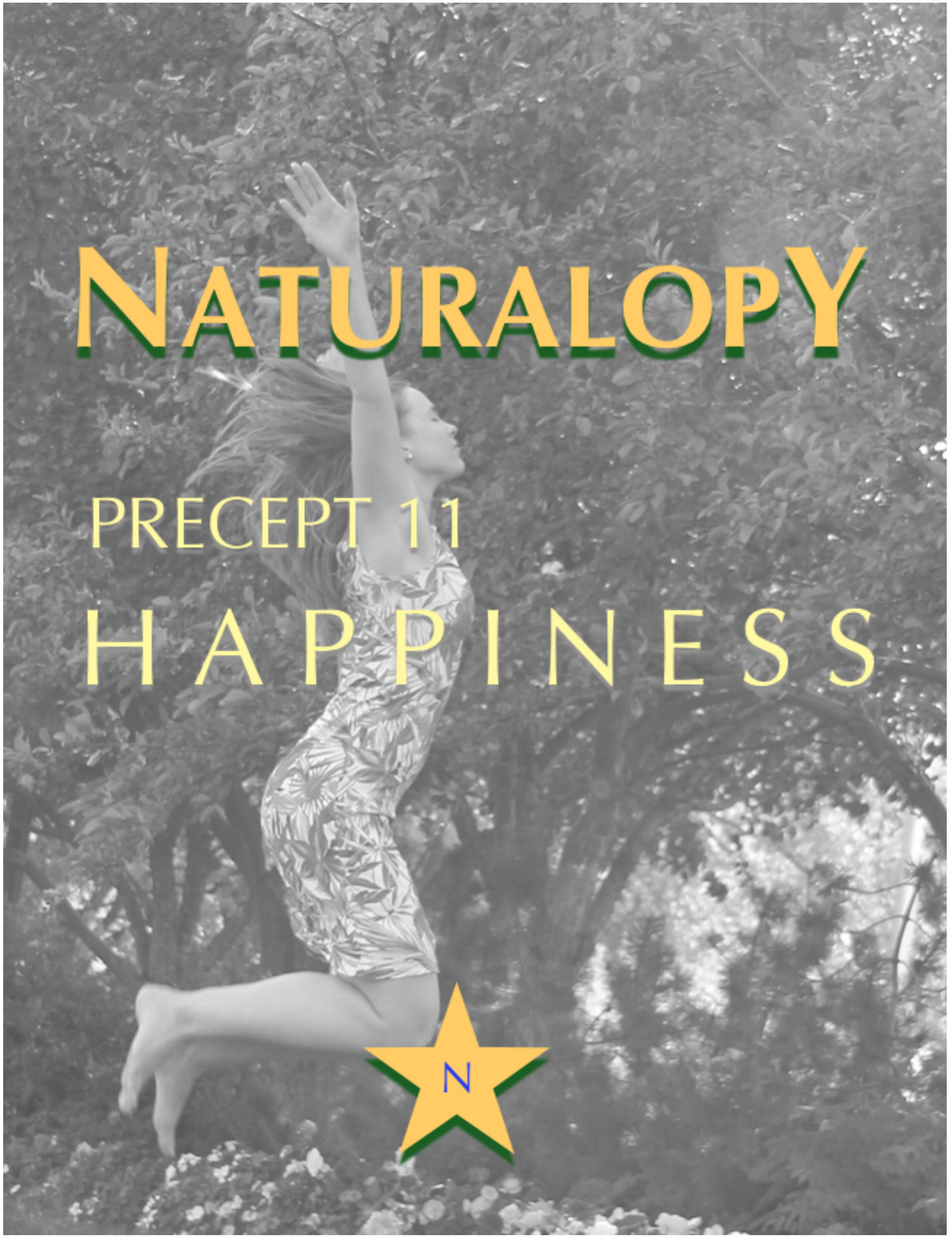






$$\text{Happiness}(t) = w_0 + w_1 \sum_{j=1}^{t} \gamma^{t-j} CR_j + w_2 \sum_{j=1}^{t} \gamma^{t-j} EV_j + w_3 \sum_{j=1}^{t} \gamma^{t-j} RPE_j,$$

where t is the trial number, w_0 is a constant term, other weights w capture the influence of different event types, $0 \leq \gamma \leq 1$ is a forgetting factor that makes events in more recent trials more influential than those in earlier trials, CR_j is the CR if chosen instead of a gamble on trial j, EV_j is the EV of a gamble (average reward for the gamble) if chosen on trial j, and RPE_j is the RPE on trial j contingent on choice of the gamble.


NATURALOPY
PRECEPT 11
HAPPINESS
N

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

Enjoy your own life without comparing it with that of another.

Marquis de Condorcet

My therapist told me the way to achieve true inner peace is to finish what I start.

Dave Barry

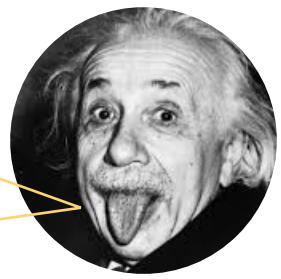
One of the simplest ways to stay happy is letting go of the things that make you sad.

Naturalopist

Happiness depends upon ourselves.

Aristotle

If you want to live a happy life, tie it to a goal.
Not to people or things.



Albert Einstein

Chinese Proverb

If you want happiness for an hour: take a nap.

If you want happiness for a day: go fishing.

If you want happiness for a year: inherit a fortune.

If you want happiness for a lifetime: help someone else.

Arthur Schopenhauer

The two enemies of human happiness
are pain and boredom.

Sometimes life knocks you on your ass, get up, get up, get up! Happiness is not the absence of problems, it's the ability to deal with them.

Steve Maraboli

The happiness of your life depends upon the quality of your thoughts.

Marcus Aurelius

Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

Franklin D. Roosevelt

Happiness is a perfume you cannot pour on others without getting some on yourself.

Ralph Waldo Emerson

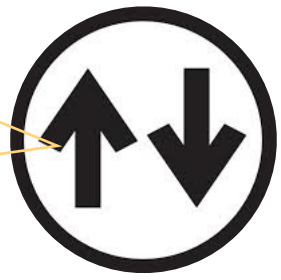
Happiness and freedom begin with a clear understanding of one principle: some things are within your control and some things are not.

Epictetus

For every minute you are angry you lose sixty seconds of happiness.

Ralph Waldo Emerson

Life is ironic. It takes sadness to know what happiness is, noise to appreciate silence, and absence to value presence.



Naturalopist

The first person in your life to make happy is You. You can only pass on to others what you have.

Trung Nguyen

When I was in grade school, they told me to write down what I wanted to be when I grew up.

I wrote down happy. They told me I didn't understand the assignment. I told them they didn't understand life.

John Lennon

If you want to lift yourself up, lift up someone else.

Booker T. Washington

True happiness is to enjoy the present, without anxious dependence on the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.

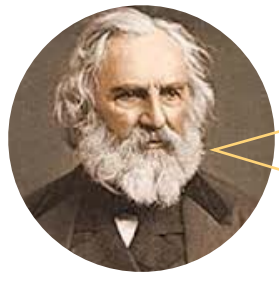
Seneca

Don’t let anyone make you feel that you don’t deserve what you want.

Paul Coelho

A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor—such is my idea of happiness.

Leo Tolstoy



For after all, the best thing one can do when it is raining is let it rain.

Henry Wadsworth Longfellow

Happiness is not a goal, it's a by-product of a life well lived.

Eleanor Roosevelt

Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

Lao Tzu

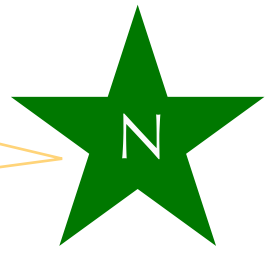
There is joy in work. There is no happiness except in the realization that we have accomplished something.

Henry Ford

To cultivate joy, pay attention to what you like.

Annie Kagan

Beware of Destination Addiction: a preoccupation with the idea that happiness is the next place, the next job, and with the next partner. Until you give up the idea that happiness is somewhere else, it will never be where you are.



Naturalopist

When you can’t change someone or something, let them go and move on. You’ll be free of a burden and it will be one of the happiest moments of your life. The other person will also be given room to work out their life.

Trung Nguyen

When what we are is what we want to be, that's happiness.

Malcolm Forbes

Praise and blame, gain and loss, pleasure and sorrow come and go like the wind. To be happy, rest like a giant tree in the midst of them all.

Buddha

Unless your heart, your soul, and your whole being are behind every decision you make, the words from your mouth will be empty, and each action will be meaningless. Truth and confidence are the roots of happiness.

Pietro Aretino

Some pursue happiness. Others create it.

Naturalopist

I heard a definition once: Happiness is health and a short memory! I wish I'd invented it, because it is very true.

Audrey Hepburn

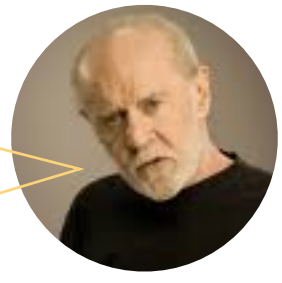
Of all things which wisdom provides to make life entirely happy, much the greatest is the possession of friendship.

Epicurus

Every happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity.

Carl Jung

Trying to be happy by accumulating possessions is like trying to satisfy hunger by taping sandwiches all over your body.



George Carlin

Happiness is nothing more than good health and a bad memory.

Albert Schweitzer

If we're growing, we're always going to be out of our comfort zone.

John C. Maxwell

Until you learn how to say "no," you will never be able to fully say "yes." Unless you know how to set boundaries to form your safe space, you will always be concerned that saying "yes" may put you in danger. So you will always pull back a little from saying "yes" with your whole heart. Paradoxically, knowing how to say "no" to form boundaries gives much more power to your "yes."

Brenda Mcaleer

Happiness is self-contentedness.

Aristotle

Complaining not only ruins everybody else's day, it ruins the complainer's day, too. The more we complain, the more unhappy we get.

Dennis Prager

He who lives in harmony with himself lives in harmony with the universe.

Marcus Aurelius

Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.

Elizabeth Gilbert

My happiness is not the means to any end. It is the end. It is its own goal. It is its own purpose.

Ayn Rand

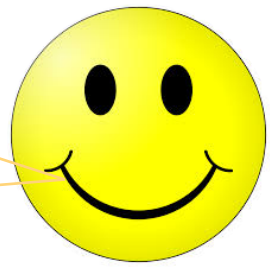
Stop letting people who do so little for you control so much of your mind, feelings, and emotions.

Will Smith

Once you learn how to be happy, you won't tolerate being around people who make you feel anything less. And the best way to be happy with someone is to learn to be happy alone.

LiveLiveHappy.com

You can't complain your way to happiness.



Naturalopist

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

Marcus Aurelius

TIPS FOR BEING HAPPY

1. Know that if you do not live within the scope of today, your thoughts will be scattered, your affairs will become confused, and your anxiety will increase. These realities are explained as: When you are in the evening, do not expect to see the morning, and when you are in the morning, do not expect to see the evening.

2. Focus on the present, forget everything in the past. "Every person's life is in the present. For the past is done and spent with, and the future uncertain." —Marcus Aurelius

3. Do not completely preoccupy yourself with the future and then discard the present. Be balanced in life, prepare yourself adequately for all situations.

4. Do not be shaken by criticism; instead, be firm. Be sure that in proportion to your worth, the level of people's criticism rises. Also, make good use of criticism in discovering your shortcomings and faults, and let it drive you toward self-improvement.

5. Have complete faith in yourself and perform good deeds; these are the ingredients that makeup a good and happy life. "Life is simple, but we insist on making it complicated." —Confucius

6. Work hard at something that is productive, and cast off idleness. "Choose a job you love, and you will never have to work a day in your life." —Confucius

7. You should know with certainty that everything that happens happens in accordance with the divine decree or divine justice (karma).

8. Give gratitude but do not expect gratitude from anyone.

9. Train yourself to be prepared for the worst possibility.

10. Perhaps the worst that has happened to you has happened in your best interest, even though you might not have comprehended how that could be at the time it happened. Everything happens so you can learn from it. Learn from it and move on.

HUMOR

humor

playfulness, amusement, wit, fun, lightness, joking, high spirits

1. The ability to make something amusing or funny despite its seriousness.

2. The quality to express playfulness, wit, or joy of situations; ability to see lightness in every predicament.

Don’t take life too serious.
You will never get out of it alive.

Elbert Hubbard

A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.

Henry Ward Beecher

A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.

William Arthur Ward

If I had no sense of humor, I would long ago have committed suicide.

Mahatma Gandhi

Nelly Furtado

When there's no time for joking, there's a hole in the plan.

Laughter is the best medicine.

Motherly Advice

N

Blessed are we who can laugh at ourselves,
for we shall never cease to be amused.

Naturalopist

I think the scariest person in the world is
the person with no sense of humour.

Michael J. Fox

One of the things that binds us as a
family is a shared sense of humour.

Ralph Fiennes

Has anyone lost a large roll of 20 dollar bills in a rubber band? Because we found the rubber band.

Spiderman Movie

The blame for a divorce is always 50/50: 50 percent the wife and 50 percent the mother-in-law.

Naturalopist

People who laugh together generally don’t kill each other.

Alan Alda

Smiling is definitely one of the best beauty remedies. If you have a good sense of humor and a good approach to life, that's beautiful.

Rashida Jones

He who laughs last, laughs best.

Naturalopist

We don't laugh because we're hap-
py–we're happy because we laugh.

William James

With enough time and wisdom, all our past follies and mistakes become humorous.

Trung Nguyen

If you can’t laugh at yourself, who can you laugh at?

Motherly Advice

The secret to humor is surprise.

Aristotle

Every time you are able to find some humour in a difficult situation, you win.

Naturalopist

Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation may be, you can survive.

Victor Borge

Humor is perhaps a sense of intellectual perspective: an awareness that some things are really important, others not; and that the two kinds are most oddly jumbled in everyday affairs.

Christopher Morley

Laughter is the shortest distance between two people.

Victor Borge

Right now at this very moment we have a mind, which is all the basic equipment we need to achieve complete happiness.

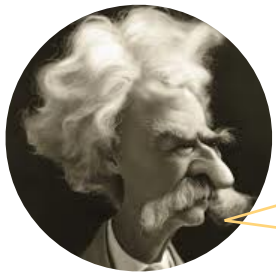
Howard Cutler

There are about 10 theories on how to win an argument with women. None of them work.

Naturalopist

Laughing at our mistakes can lengthen our own life. Laughing at someone else's can shorten it.

Cullen Hightower



Humanity has unquestionably one really effective weapon—laughter. Power, money, persuasion, supplication, persecution—these can lift at a colossal humbug—push it a little—weaken it a little, century by century; but only laughter can blow it to rags and atoms at a blast. Against the assault of laughter nothing can stand.

Mark Twain

A day without laughter is a day wasted.

Charlie Chaplin

Why do women live longer than men? Because women are smarter than men. Why don't men live as long as women? Because men have to live with women.

Naturalopist

If you're too busy to laugh, you are too busy.

Naturalopist

Woman's Ass Size Study

There is a new study about women and how they fell about their asses. The results are interesting.

10% of women think their ass is too skinny.

30% of women think their ass is too fat.

60% say they don't care, they love him, he is a good man and they wouldn't trade him for the world.

Always love a woman for her personality. She has about 10, so you can choose.

Naturalopist

I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multiple of ills. It's probably the most important thing in a person.

Audrey Hepburn

Remember, happiness is a way of travel, not a destination.

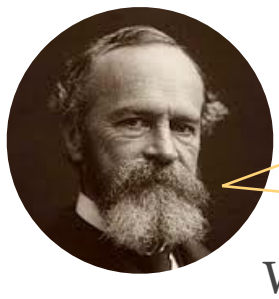
Roy M. Goodman

I've always thought that a big laugh is a really loud noise from the soul saying, “Ain't that the truth.”

QuincyJones

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.

Bob Newhart



We don't laugh because we're happy–we're happy because we laugh.

William James

A laugh is a smile that bursts.

Mary H. Waltdrip

If we couldn't laugh, we would all go insane.

Jimmy Buffett

Humor is mankind's greatest blessing.

Mark Twain

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.

Bob Newhart

A laugh is a smile that bursts.

Mary H. Waltdrip

A good laugh and a long sleep are the best cures in the doctor's book.

Irish Proverb

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

Lana Turner

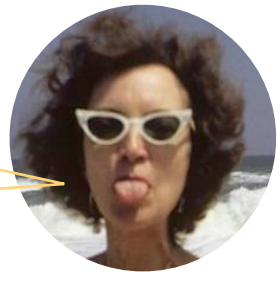
There can never be enough said of the virtues, dangers, and the power of a shared laugh.

Françoise Sagan

A good laugh is sunshine in the house.

William Thackeray

A good laugh heals a lot of hurts.



Madeleine L’Engle

To truly laugh, you must be able to take your pain, and play with it.

Charlie Chaplin

I enjoy making people laugh. The trick is to tell them jokes against yourself. If you praise yourself, your stories aren’t funny.

Michael Caine

It is hard to smash a computer when you’re laughing.

Bill Gates

There is little success where there is little laughter.

Andrew Carnegie

To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity.

William Arthur Ward

Laughter opens the lungs, and opening the lungs ventilates the spirit.

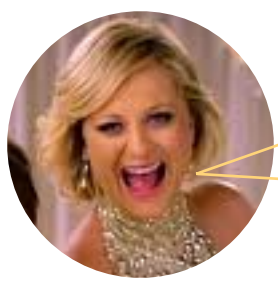
Naturalopist

It is more fitting for a man to laugh at life than to lament over it.

Seneca

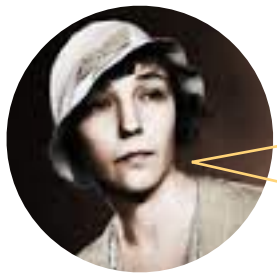
Mix a little foolishness with your serious plans. It is lovely to be silly at the right moment.

Horace



There's power in looking silly and not caring that you do.

Amy Poehler



Anyone can be passionate, but it takes real lovers to be silly.

Rose Franken

Anyone who takes himself too seriously always runs the risk of looking ridiculous; anyone who can consistently laugh at himself does not.

Vaclav Havel

CONTENTMENT

contentment

serenity, satisfaction, peace, equanimity, fulfillment, gratification

1. The state or degree of being contented; peace of mind.

2. The neurophysiological experience of satisfaction and being at ease in one's situation, body, and/or mind.

Contentment can be summed up with the following needs:

- a safe place to call home,
- fresh air,
- nutritious food,
- a healthy mind and body,
- a labour of love,
- trustworthy friends and good company, and
- a caring family.

Everything else are wants. The underlying causes of wants are greed and restlessness, which are the enemies of contentment and happiness.

Misery = wants / needs (when wants exceed needs, misery is the result)

Contentment = needs / wants (when needs exceed wants, contentment is the result)

Many people seek contentment through alcohol, drugs, sex, and gambling—these are time and energy thieves—when all they need is a passionate hobby to occupy their spare time.

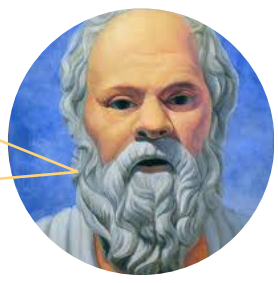
The fountain of contentment must spring up in the mind, and they who have so little knowledge of human nature as to seek happiness by changing anything but their own disposition, will waste their lives in fruitless efforts and multiply the grief they propose to remove.

Samuel Johnson

He who is not contented with what he has, would not be contented with what he would like to have.

Socrates

Contentment is natural wealth, luxury is artificial poverty.



Socrates

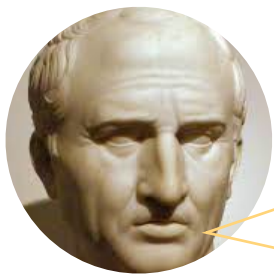
Even though you have ten thousand fields, you can only eat so much rice in a day.

Even though your dwelling contains a hundred rooms, you can use one room at night.

Chinese Proverb

To know when you have enough is to be rich.

Lao Tzu



If you have a garden and a library, you have everything you need.

Cicero

Contentment consists not in adding more fuel, but in taking away some fire; not in multiplying of wealth, but in subtracting people's desires. Generally, those who boast most of contentment have least of it. Their very boasting shows they want something and basely beg it, namely commendation.

Thomas Fuller

Neither circumstances nor surroundings can bring contentment. Only by fitting ourselves to meet conditions as they are, calmly and courageously, may we hope to reconcile ourselves to our position and conditions of life.

Fred van Amburgh

One is content if one can find happiness in simple pleasures.

ThomasMalloy

At some point, you gotta let go, and sit still, and allow contentment to come to you.

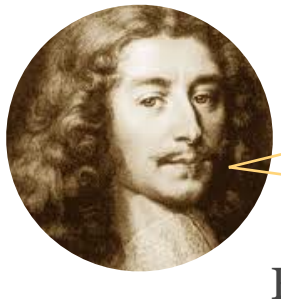
Elizabeth Gilbert

Contentment gives a crown, where fortune hath denied it.

John Ford

A contented mind is the greatest blessing a person can enjoy in this world.

Joseph Addison



When we cannot find contentment in ourselves, it is useless to seek it elsewhere.

Francois La Rochefoucauld

Satisfaction in life arises from knowing you are exactly where you belong. Discontented people strive to be somewhere else or someone else. Contentment comes from many great and small acceptances in life.

Naturalopist

Truth is like the stars; it does not appear except from behind obscurity of the night. Truth is like all beautiful things in the world; it does not disclose its desirability except to those who first feel the influence of falsehood. Truth is a deep kindness that teaches us to be content in our everyday life and share with the people the same happiness.

Khalil Gibran

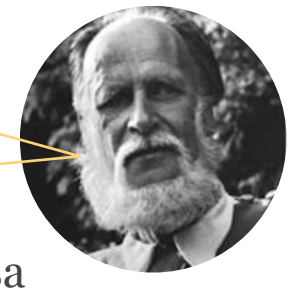
Contentment comes as the infallible result of great acceptances, great humilities—of not trying to make ourselves this or that, but of surrendering ourselves to the fullness of life—of letting life flow through us.

David Grayson

The secret of contentment is the realization that life is a gift, not a right.

Dr. Seuss

Contentment has the ability to squeeze out of every situation all the good there is to get.



Shantidasa

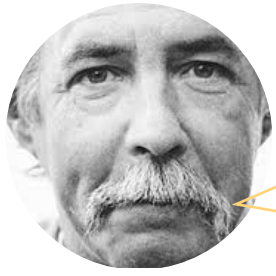
There are nine requisites for contented living:

health enough to make work a pleasure;
wealth enough to support your needs;
strength to battle with difficulties and overcome them;
grace enough to confess your sins and forsake them;
patience enough to toil until some good is accomplished;
charity enough to see some good in your neighbor;
love enough to move you to be useful and helpful to others;
faith enough to make real the things of God;
hope enough to remove all anxious fears concerning the future.

Johann Goethe

The world is full of people looking for spectacular happiness while they snub contentment.

Doug Larsen

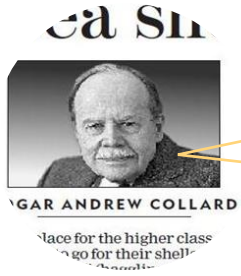


With the “civilized” person contentment is a myth. From the cradle to the grave they are forever longing and striving after something better, an indefinable something, some new object yet unattained.

William Matthews

True happiness comes from a sense of peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion, and elimination of ignorance, selfishness, and greed.

Dalai Lama



The art of contentment is the recognition that the most satisfying and the most dependably refreshing experiences of life lie not in great things but in little. The rarity of happiness among those who achieved much is evidence that achievement is not in itself the assurance of a happy life. The great, like the humble, may have to find their satisfaction in the same plain things.

Edgar A. Collard

True contentment depends not upon what we have; a tub was large enough for Diogenes, but a world was too little for Alexander.

Charles C. Colton

The discontented cannot find peace; but those who find peace are content.

Linda F. Ralphs

Sometimes we don't know what's best until we're forced into it. Often you can be just as happy or even happier with less.

Peter Seidel

Contentment is a wealth of Nature.

Socrates

There are four gatekeepers at the entrance to the Realm of Freedom (moksha):

Self-control
Spirit of Inquiry
Contentment
Good Company

With a pure heart and a receptive mind, and without the veil of doubt and restlessness of the mind, listen to the exposition of the nature and means of liberation.

Sage Vasishtha

We could become quite satisfied with ourselves because we are sitting in meditation and are endeavoring to practice the spiritual path. Such satisfaction with ourselves is not the same as contentment. Contentment is necessary, self-satisfaction is detrimental. To be content has to include knowing we are in the right place at the right time to facilitate our own growth. But to be self-satisfied means that we no longer realize the need for growth. All these aspects are important parts of our commitment and make us into one whole being with a one-pointed direction.

Ayya Khema

Lao Tzu

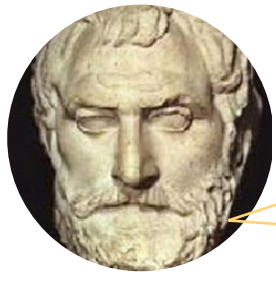
Fame or integrity: which is more important? Money or happiness: which is more valuable? Success or failure: which is more destructive? If you look to others for fulfillment, you will never truly be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful.

Norman Vincent Peale

Anyone's life truly lived consists of work, sunshine, exercise, soap, plenty of fresh air, and a happy contented spirit.

Lillie Langtry



It is great wealth to a soul to live frugally with a contented mind.

Lucretius

It is a wise man that does know the contented man is never poor, whilst the discontented man is never rich.

Frank Herbert

It is right to be contented with what we have, never with what we are.

James Mackintosh

THE WEALTHY FAMILY

There once was a boy from a very wealthy family. One day his father took on him a trip to the countryside. The father wanted to show his son how poor people lived. They arrived on a farm of the “poor people” and spent several days in the hospitality of the farmers.

On their return, the father asked, “How did you like the trip, son?”

“It was a great experience!” the boy replied.

“Did you notice how those poor farmers lived?” the father asked.

“Yes, I did.”

“We’re fortunate to have so many things. How did they live compared to us?” the father asked.

“Well, we have only one dog, and they have four. There is a pool in our garden, while they have a long river. We have expensive lanterns, but they have stars above their heads at night. We have the patio, and they have the whole horizon. We have only a small piece of land, while they have the endless fields. We buy food, but they grow it. We have a high fence to protect our property, while they don‘t need it because their friends protect them.”

The father was stunned into silence by his son’s answer.

Then the boy added, “Thank-you, dad, for showing me how poor we are.”

The moral of the story is that true wealth and happiness are not measured by material things; love, friendship, and freedom are far more valuable.

PRECEPT 12

LOVE

love

affection, fondness, adulation

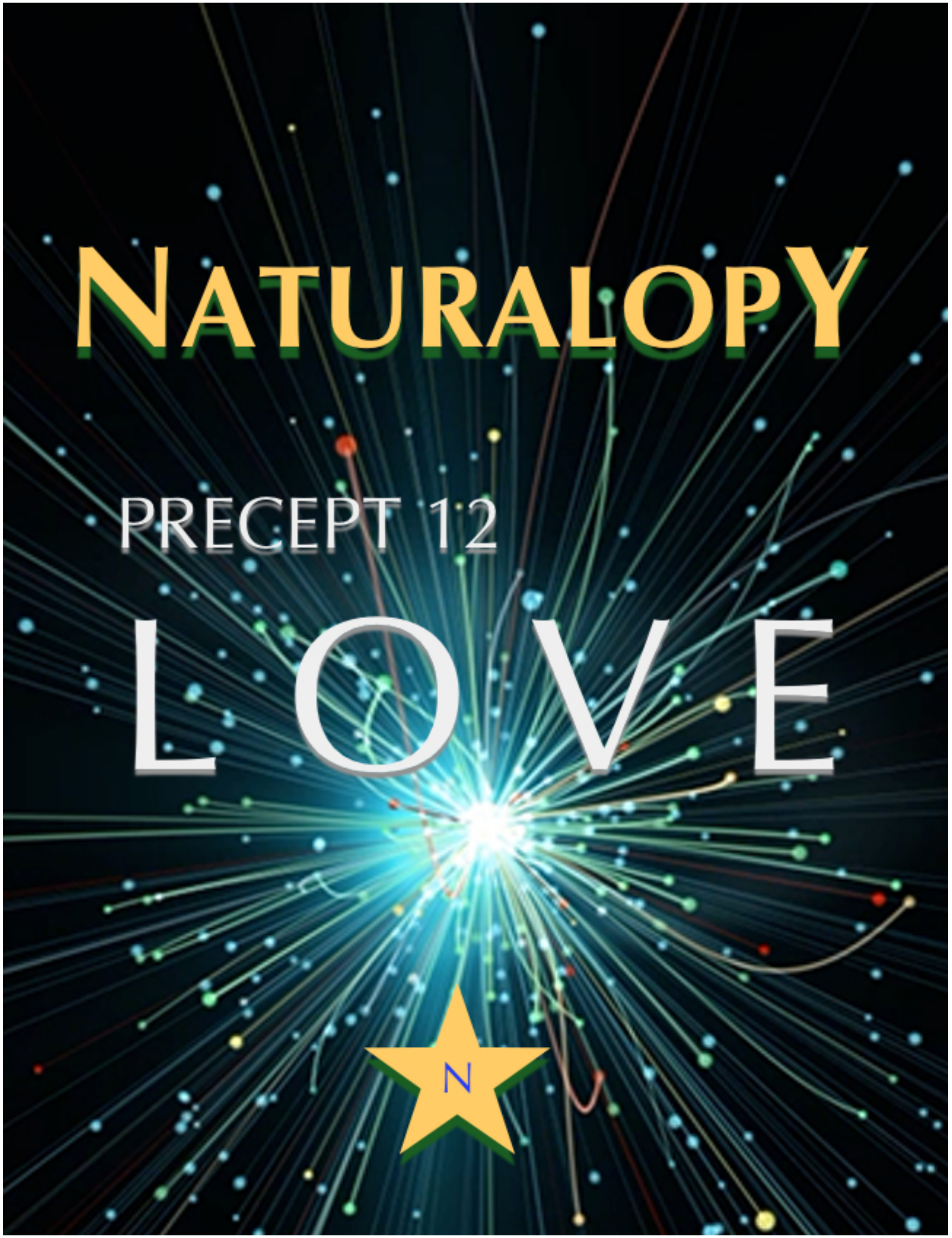
1. An intense feeling of affection and care towards another person.

2. A deep or abiding liking for something.

3. A profound and caring attraction towards someone.

In order to truly love someone, we must learn to love ourself first—we can only give to others what we have. When a person is incapable of loving anyone, it means they're incapable of loving themself. This person needs to learn to accept themself for who they are and be honest with their shortcomings. Remember, no one is perfect, so we should learn to accept our imperfections and quirks. We are unique because of them.

Again, we must love ourself first in order to give love to another person. When we know how to treat ourself right and lovingly, loving another person is easier, even second nature.


NATURALOPY
PRECEPT 12
LOVE
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Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

Lucille Ball

You, Yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

We come to love not by finding a perfect person, but by learning to see an imperfect person perfectly.

Sam Keen

Naturalopist

Hard times reveal true friends. Remember the three types of people in life:

1. Those who helped you in difficult times.

2. Those who put you difficult times.

3. Those who left you in difficult times.

Love all three, because a mature person will recognize that they're the same person: me, myself, and I.

If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing.

Corinthians 13:2

Talk to yourself like you would to someone you love.

Brene Brown

If you would be loved, love and be lovable.

Benjamin Franklin

Naturalopist

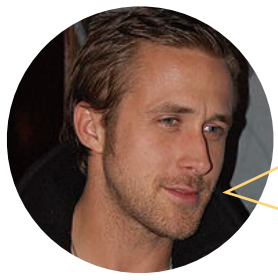
I believe in karma. What you give is what you get in return. I believe you can't appreciate real love until you've been burned.

You have to love yourself because no amount of love from others is sufficient to fill the yearning that your soul requires from you.

Dodinsky

A happy marriage is the union of two good forgivers.

Robert Quillen



So it’s not gonna be easy. It’s gonna be really hard. We’re gonna have to work at this every day, but I want to do that because I want you. I want all of you, forever, you and me, every day.

Ryan Gosling

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Lao Tzu

A man must first find himself before he finds his woman, or he'll damage what ever woman he comes in contact with along the way.

Naturalopist

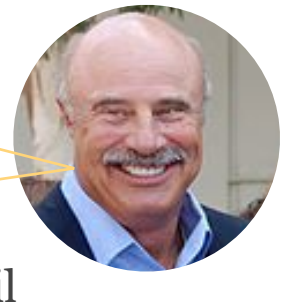
Your greatest task isn't to find love, but to discover and destroy all the barriers within yourself that you have built against it.

Naturalopist

Through my love for you, I want to express my love for the whole cosmos, the whole of humanity, and all beings. By living with you, I want to learn to love everyone and all species. If I succeed in loving you, I will be able to love everyone and all species on Earth. This is the real message of love.

Thich Nhat Hanh

My first commandment is: thou shall look into the mirror and love what thou see.



Dr. Phil

You know you're in love when you can't fall asleep because reality is finally better than your dreams.

Dr. Seuss

when you love someone
you are scared of getting hurt
and you will get hurt

Brandon Scott Gorrell

Take into account that great love and great achievements involve great risk.

Dalai Lama XIV

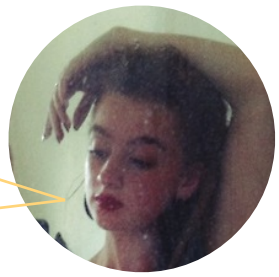
When I accept myself, I am freed from the burden of needing you to accept me.

Steve Maraboli

Don't fall in love with someone who says the right things, fall in love with someone who does the right things.

Robert Tew

I think I fall in love a little bit with anyone who shows me their soul. This world is so guarded and fearful. I appreciate rawness so much.



Emery Allen

Love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise, we love only the reflection of ourselves we find in them.

Naturalopist

When you have nobody you can make a cup of tea for, when nobody needs you, that's when I think life is over.

Audrey Hepburn

When the power of love is greater than the love of power, then the world will know peace.

Jimi Hendrix

Marriage is not 50-50; divorce is 50-50. Marriage has to be 100-100. It isn't dividing everything in half, but giving everything you've got.

Dave Willis

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

Thomas Merton

If in your darkest hours, someone kisses your wounds, unpacks your baggage, looks at where you've been damaged, and lets their love shine through those cracks, you would love that person to death and until death. So, why not do those things to someone you want to love? They would love you to death and until death.

Trung Nguyen

Love is of all passions the strongest, for it attacks simultaneously the head, the heart, and the senses.

Lao Tzu

Never fall in love with potential—that someday the person you're interested in will become a popular athlete, rockstar, tycoon, or celebrity. And for the sake of your life-long happiness, avoid the smooth talker who says all the right things and promises you the moon.

Never trust words because most turn out to be empty promises.

Trust the present. Trust action.

Naturalopist

Just as one candle lights another and can light thousands of other candles, so one heart illuminates another heart and can illuminate thousands of other hearts.

Leo Tolstoy

Love is when the other person's happiness is more important than your own.

H. Jackson Brown, Jr.

Even the rich are hungry for love, for being cared for, for being wanted, for having someone to call their own.

Mother Teresa

You never lose by loving. You always lose by holding back.

Barbara de Angelis

Only when you're comfortable spending time with yourself will you know if you're choosing someone out of love or loneliness.

Naturalopist

If a woman doesn't chase a man a little, she doesn't love him.

Edgar Watson Howe

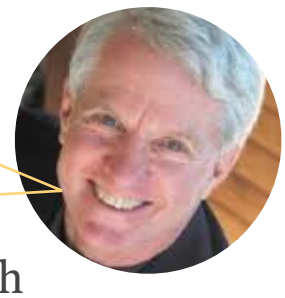
When you plant a seed of love,
it is you who blossoms.

Ma Jaya Sati Bhagavati

If you love someone, set them free. If they come back they're yours; if they don't they never were.

Richard Bach

It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do.



Charly Heavenrich

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.

Barbara de Angelis

Let no one enter your inner kingdom unless they come with love.

Wayne Dyer

Love is friendship that has caught fire. It is quiet understanding, mutual confidence, sharing and forgiving. It is loyalty through good and bad times. It settles for less than perfection and makes allowances for human weaknesses.

Ann Landers

A woman's highest calling is to lead a man to his soul so as to unite him with Source. A man's highest calling is to protect woman so she is free to walk the earth unharmed.

Cherokee Proverb

Love is made up of three unconditional properties in equal measure: acceptance, understanding, and appreciation. Remove any one of the three and the triangle falls apart. Which, by the way, is something highly inadvisable. Think about it—do you really want to live in a world of only two dimensions? So, for the love of a triangle, please keep love whole.

Vera Nazarian

Self-care is not self-fish. You can-not serve from an empty vessel.

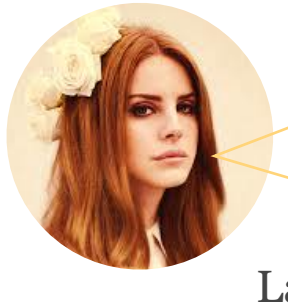
Eleanor Brownn

I don’t have time to worry about who doesn’t like me. I’m too busy loving the people who love me.

Naturalopist

Love does not consist in gazing at each other, but in looking outward together in the same direction.

Antoine de Saint-Exupery



When someone else’s happiness is your happiness. That’s love.

Lana Del Rey

Keep love in your heart. A life without it is like a sunless garden when flowers are dead.

Oscar Wilde

When asked how they managed to stay together for 65 years, the wife replied, “We were born in a time when if something was broke, you fixed it, not throw it away.”

Naturalopist

Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her.

Lao Tzu

People were created to be loved. Things were created to be used. The reason why the world is in chaos is because things are being loved, and people are being used.

Naturalopist

The love that you withhold is the pain that you carry.

Alex Collier

The brain is the most outstanding organ. It works 24 hours a day, 365 days a year, right from your birth, until it falls in love.

Naturalopist

No one is born hating another person because of the colour of his skin, his background, or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

Nelson Mandela

Carl Sagan

For small creatures such as we, the vastness is bearable only through love.

True love is hard work and sometimes hard work is painful.

Motherly Advice

Great couples understand that there is nothing like “I win, you lose” in marriage. We are teammates playing on the same side. When you win, I win. When you lose, I lose.

Kalu Igwe

Love is when you take away the feeling, the passion, and the romance in a relationship and find out that you still care for that person.

Naturalopist

You must love in a way that the person you love feels free.

Thich Nhat Hanh

The purpose of a relationship is not to have another who might complete you; but to have another with whom you might share your completeness.

Neal Donald Walsch

Be careful who you start dating. A lot of people aren't looking for LOVE, they're looking for HELP.

Motherly Advice

It's beautiful when you find someone that is in love with your mind. Someone who wants to undress your conscience and make love to your thoughts. Someone who wants to watch you slowly take down all the walls you've built up around your mind and let them inside.

Naturalopist

Let Go.

One of the most courageous decisions you'll ever make is to finally let go of what is hurting your heart and soul.

Brigette Nicole

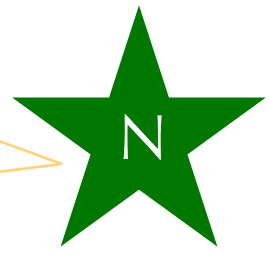
Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

Rumi

Behind every happy couple are two people who have fought hard to overcome all obstacles and interference to be that way. Why? Because it's what they wanted.

Kim George

Love is like a knife, it can stab the heart or it can carve wonderful images into the soul that will last a lifetime.



Naturalopist

According to Greek mythology humans were originally created with 4 arms, 4 legs, and a head with 2 faces. Fearing their power, Zeus split them into two separate parts, condemning them to spend their lives in search of their other halves.

Greek Mythology

Love is a partnership of two unique people who bring out the very best in each other and who know that even though they are wonderful as individuals, they are even better together.

Barbara Cage

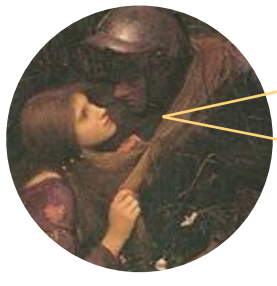
You've been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

Louise Hay

Everyone comes with baggage.

Find someone who loves you enough to help you unpack.

Naturalopist



The best kind of people are the ones who come into your life, and make you see the Sun where you once saw clouds. The people who believe in you so much, you start to believe in you, too. The people who love you, simply for being you. The once in a lifetime kind of people.

Naturalopist

FEAR AND LOVE

There are two basic motivating forces: fear and love.

When we are afraid, we pull back from life.

When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.

We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create.

Evolution and all hope for a better world rest in the fearlessness and open-hearted vision of people who embrace life.

John Lennon

INTIMACY

intimacy

friendship, understanding, communion, confidence, closeness, connection

1. Feeling or atmosphere of closeness and openness towards someone, not necessarily involving sexuality.

Intimacy is being candid with our feelings, hopes, and dreams without fear of being judged. If the people we are sharing ourself with are judgmental, then an atmosphere of intimacy cannot exist. Conversely, if we want others to be intimate with us, we must withhold judgment. Remember, life is a learning, we are not sinners. We make mistakes, and through those mistakes we grow. We all make mistakes, and grow.

Before we can become intimate with others, we must first be comfortable in our own skin—accept everything about we are and especially our past. A person with secrets is incapable of being intimate. Remember, we are only as sick as our secrets. The secrets we keep hidden eventually become the death of our spiritual life. Therefore, honesty and openness are important conditions for intimacy.

According to psychologist Ms. Niveen Rizkalla, there are four kinds of intimacies:

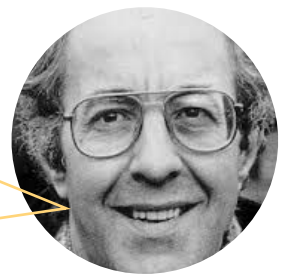
- emotional intimacy,
- intellectual intimacy,
- social and recreational intimacy, and
- sexual intimacy.

Emotional intimacy is sharing our feelings; intellectual intimacy is sharing our ideas, hopes, and dreams; social and recreational intimacy is connecting at the social level; and sexual intimacy is self-explanatory. All of them require a social interaction. Therefore, intimacy is the ability to connect with others on different levels.

Real intimacy is only possible to the degree that we can be honest about what we are doing and feeling.

Joyce Brothers

Intimacy is not a happy medium. It is a way of being in which the tension between distance and closeness is dissolved and a new horizon appears. Intimacy is beyond fear.



Henri Nouwen

In my mind, marriage is a spiritual partnership and union in which we willingly give and receive love, create and share intimacy, and open ourselves to be available and accessible to another human being in order to heal, learn and grow.

Iyanla Vanzant

Let someone love you just the way you are—as flawed as you may be, as unattractive as you sometimes feel, and as unaccomplished as you think you are. To believe that you must hide all the parts of you that are broken, out of fear that someone else is incapable of loving what is less than perfect, is to believe that sunlight is incapable of entering a broken window and illuminating a dark room.

Marc Hack

It is not time or opportunity that is to determine intimacy; it is disposition alone. Seven years would be insufficient to make some people acquainted with each other, and seven days are more than enough for others.

Jane Austen

Even in the best relationship, with the most genuine person, it takes time for us to be convinced that it is safe to let our guard down.

Matthew Kelly

As soon as the love relationship does not lead me to me, as soon as I in a love relationship do not lead another person to himself, this love, even if it seems to be the most secure and ecstatic attachment I have ever experienced, is not true love. For real love is dedicated to continual becoming.

Leo Buscaglia

When love has been wounded; trust, reassurance, honesty, and intimacy, in abundance, are the only known cures.

Naturalopist

Intimacy is not purely physical. It's the act of connecting with someone so deeply that you feel like you can see into their souls.

Simi Ngr

Among men, sex sometimes results in intimacy; among women, intimacy sometimes results in sex.

Barbara Cartland

For a marriage relationship to flourish, there must be intimacy. It takes an enormous amount of courage to say to your spouse, “This is me. I'm not proud of it—in fact, I'm a little embarrassed by it—but this is who I am.”

Bill Hybels

Passion can never purchase what true love desires: true intimacy, self-giving, and commitment.

Naturalopist

Passion is the quickest to develop, and the quickest to fade. Intimacy develops more slowly, and commitment more gradually still.

Robert Sternberg

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

Carl Jung

You will manage to keep a woman in love with you, only for as long as you can keep her in love with the person she becomes when she is with you.

C. JoyBell C.

A gentleman will open doors, pull out chairs, and carry things. Not because she's helpless or unable, but because he wants to show her that she is valuable and worthy of respect.

Naturalopist

True intimacy is a human constant. People of all types find it equally hard to achieve, equally precious to hold. Age, education, social status, make little difference here; even genius does not presuppose the talent to reveal one's self completely and completely absorb one's self in another personality. Intimacy is to love what concentration is to work: a simultaneous drawing together to attention and release of energy.

Robert Grudin

There's nothing more intimate in life than simply being understood. And understanding someone else.

Brad Meltzer

When two people respect each other, the ability to be vulnerable and to reveal hurt feelings can create a powerful emotional connection that is the source of real intimacy and friendship.

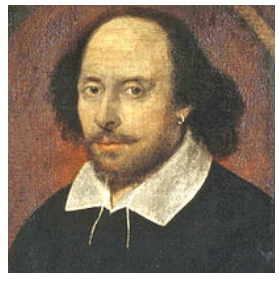
Naturalopist

True intimacy is the experience of real acceptance and authentic vulnerability without feeling the need to apologize or fear rejection. The freedom to just be and know it's all good.

Jordan Blake Michiels

SHALL I COMPARE THEE TO A SUMMER'S DAY?

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date:
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance, or nature's changing course, untrimm'd;
But thy eternal summer shall not fade
Nor lose possession of that fair thou ow'st;
Nor shall Death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st;
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.



William Shakespeare

HOW DO I LOVE THEE?

How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of everyday's
Most quiet need, by sun and candle-light.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love thee with a passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints, —I love thee with the breath,
Smiles, tears, of all my life! —and, if God choose,
I shall but love thee better after death.

Elizabeth B. Browning

RELATIONSHIP

relationship

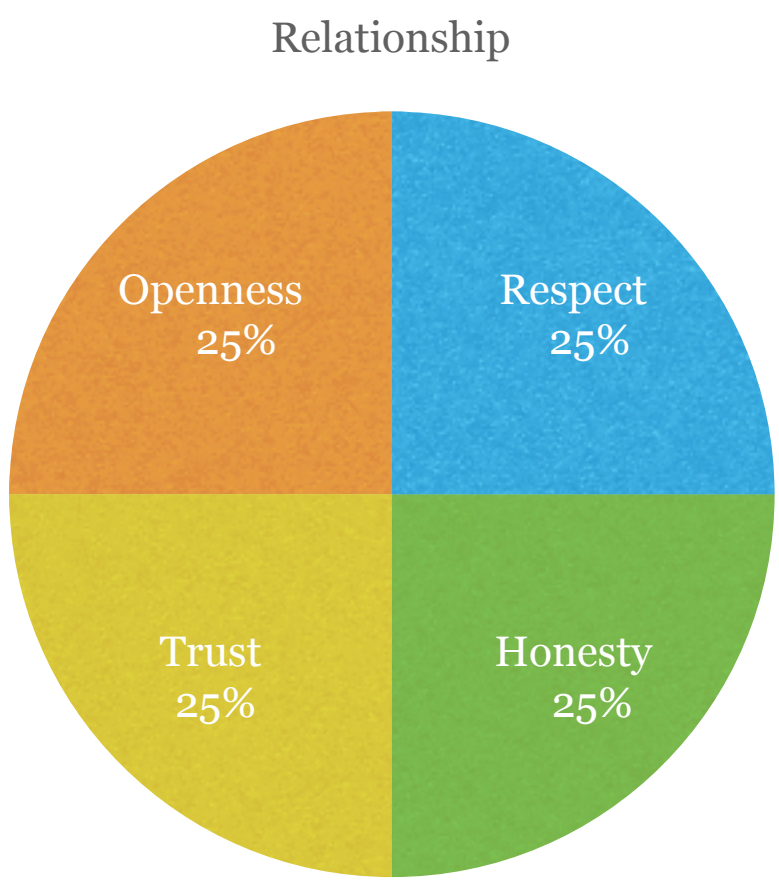
bond, link, association, communication, rapport, alliance, kinship, accord

1. Connection or association; the condition of being related.

2. A way in which two or more people behave and are involved with each other.

Things do not hurt people; people hurt people. Things do not love people; people love people. It is our relationship with people that determines how fulfilling our life could become.

The underpinning of a healthy relationship is effective communication. The things that hinder effective communication are assumptions, innuendos, and dishonesty.



The key is to keep company only with people who uplift you, whose presence calls forth your best.

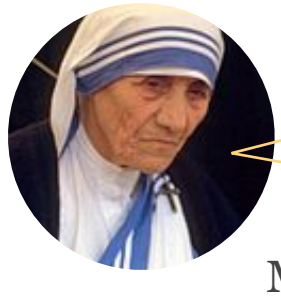
Epictetus

A friend is a single soul dwelling in two bodies.

Aristotle

A friend is one to whom one may pour out the contents of one's heart, chaff and grain together, knowing that gentle hands will take and sift it, keep what is worth keeping, and with a breath of kindness, blow the rest away.

George Eliot

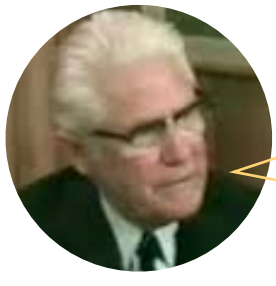


Let no one ever come to you without leaving better and happier.

Mother Teresa

Detach yourself from self-esteem suckers. Toxic relationships deter your success and stunt your happiness. Surround yourself with people who respect and love you!

Charlene Johnson

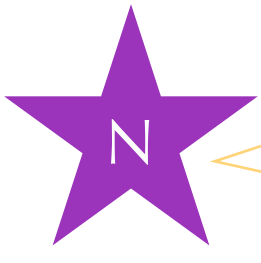


If you make friends with yourself, you will never be alone.

Maxwell Maltz

Choose your life's mate carefully. From this one decision will come 90 percent of your happiness or misery.

H. Jackson Brown, Jr.



You want to surround yourself with people who inspire you and make you a better person. At some point you have to accept that there are people not worth your time and energy; identify who those people are and remove them from your life.

Naturalopist

When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.

Edgar Watson

You cannot change the people around you. But you can change the people that you choose to be around.

Motherly Advice

The principal contributor to loneliness in this country is television. What happens is that the family "gets together alone."

Ashley Montagu

Sometimes you have to burn a few bridges to keep the crazies from following you.

Naturalopist

Be true to your work, your word, and your friends.

Henry David Thoreau

Treasure your relationships, not your possessions.

Anthony J. D'Angelo

From the backstabbing co-worker to the meddling sister-in-law, you are in charge of how you react to the people and events in your life. You can either give negativity power over your life or you can choose happiness instead.

Anais Nin

Being single is smarter than being in a wrong relationship.

Naturalopist

Some people come in your life as blessings.
Others come in as lessons.

Mother Teresa

You needn't love your enemy, but if you refrain from telling lies about him, you are doing well enough.

Edgar Watson Howe

No company is preferable to bad. We are more apt to catch the vices of others than virtues, as disease is far more contagious than health.

Charles Caleb Colton

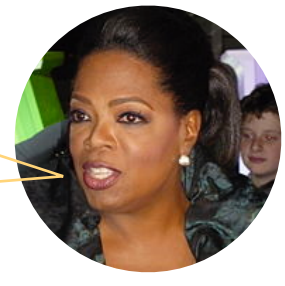
Naturalopist

Drama doesn't walk into your life out of nowhere. You either create it, invite it, or associate with people who bring it.

Did you know the three hardest things to say are “I love you”, “I'm sorry”, and “help me”?

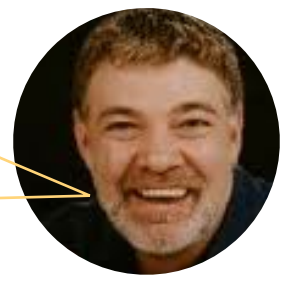
Naturalopist

Surround yourself with only people who are going to lift you higher.



Oprah Winfrey

Our first responsibility in relationship is, therefore, to be true to ourselves. From this flows our responsibility to help the people we love to be true to themselves. The more authentic we are within ourselves, the more authentic we can be with those we love.



Matthew Kelly

You are only going to be as good as the people you surround yourself with. So be brave enough to let go of those who keep weighing you down.

Naturalopist

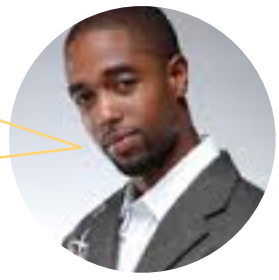
Evaluate the people in your life; then promote, demote, or terminate. You're the CEO of your life!

Motherly Advice

The longest distance between two people is misunderstanding.

Naturalopist

When a man realizes that his woman is a teammate, not an opponent, that's when his life changes. Don't break her down. Build her up and let her help you win!

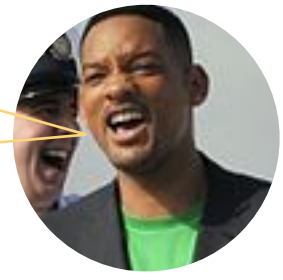


Tony Gaskins

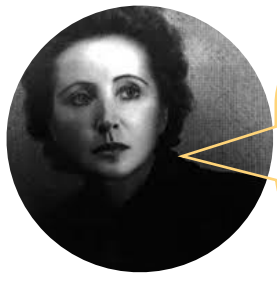
As you move forward in life, you may need to change your circle of friends. Everyone around you isn't interested in seeing you improve.

Naturalopist

Don’t chase people. Be yourself, do your own thing, and work hard. The right people—the ones who really belong in your life—will come to you. And stay.



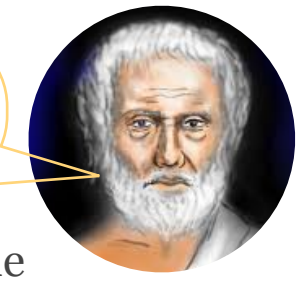
Will Smith



Each friend represents a world in us, a world not born until they arrive, and it is only by this meeting that a new world is born.

Anais Nin

Without friends no one would choose to live, though he had all other goods.



Aristotle

An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.

Buddha

No person is your friend who demands your silence, or denies your right to grow.

Alice Walker

If you have your nose in other people's lives all the time, chances are:

a) you don't have much of a life yourself,

b) you are unsatisfied with your life, or

c) both a and b.

Mallerie Ungvarsky

When you have to compromise yourself or your morals for the people around you, it's time to change the people around you.

Naturalopist

Sometimes there are people in our lives who seem to have pressed the self-destruct button, they make one bad decision after another and seem to create chaos and heartbreak all all around. We really do love them but we really cannot help them and that's a frustrating and sad place to be. And so, we begin to emotionally and often even physically love them from a distance. We let go so that we can share our light and love with those who are able to receive it. And we let go so that the love and light that surrounds us can be received.

Paul Boynton

Choose your friends wisely. They will make or break you.

J. Willard Marriott

Keep your friends close, but your enemies closer.

友

Chinese Proverb

Only to the degree that we are made whole will our lifestyle, our actions, our behaviors, our attitudes, and our relationships be wholesome.

Dick Innes

I have learned that only two things are necessary to keep one's wife happy. First, let her think she's having her own way. And second, let her have it.

Naturalopist

Far too many people are looking for the right person, instead of trying to be the right person.

Gloria Steinem

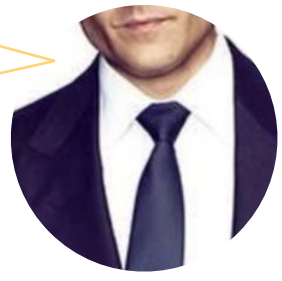
When you allow the wrong people in your house, stuff will end up missing, such as joy, peace, love, hope, and faith. Yes, the wrong people steal these things!

Naturalopist

Hurt people hurt people. That's how pain patterns get passed on, generation after generation after generation. Break the chain today. Meet anger with sympathy, contempt with compassion, cruelty with kindness. Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.

Yehuda Berg

A well-tailored suit is to women what lingerie is to men.



Naturalopist

Some people won't love you no matter what you do. Some people won't stop loving you no matter what you do. Go where the love is!

Naturalopist

You don't lose friends because real friends can never be lost. You lose people masquerading as friends and you're better for it.

Motherly Advice

Good relationships don't just happen. They take time, patience, and two people who truly want to be together.

Naturalopist

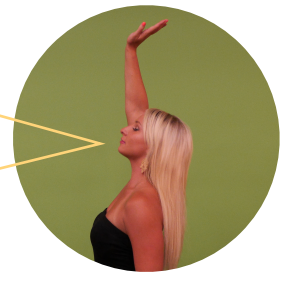
I want to be around people that do things. I don't want to be around people anymore who judge or talk about what people do. I want to be around people who dream. And support. And do things.

Amy Poehler

If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees.

Kahlil Gibran

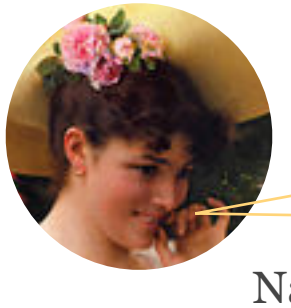
You have to learn to say no without feeling guilty. Setting boundaries is healthy. You need to learn respect and take care of yourself.



Naturalopist

The greatest prison people live in is the fear of what other people think.

David Icke



Listening is a silent way of saying, “You're my friend.”

Naturalopist

You can make more friends in two months by becoming really interested in other people than you can in two years by trying to get other people interested in you. Which is just another way of saying that the way to make a friend is to be one.

Dale Carnegie

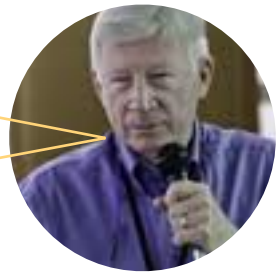
Count not him among your friends who will retail your privacies to the world.

Publilius Syrus

If you can’t figure out where you stand with someone, it may be time to stop standing, and start walking.

Motherly Advice

We get damaged in damaging relationships.
We get healed in healing relationships.



Dick Innes

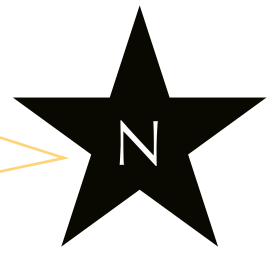
A friend is someone you can be all alone with and not be able to think of anything to say and have nothing to do; and still be comfortable in the silence.

Sheryl Condie

If a person cheated with you, they'll cheat on you. If you start a relationship being the other woman, you will NEVER be the only woman. If they cheated on someone to be with you, chances are they'll cheat on you, too.

Motherly Advice

Haters are gonna hate. But if you hate your haters, then you are no different from them. Your haters are actually your biggest fans. They're emotionally immature and hating is the only way they know how to get your attention.



Naturalopist

The word NO has saved many people from a lifetime of trouble and suffering.

Trung Nguyen

The only way to have a friend is to be one.

Ralph Waldo Emerson

How wrong it is for a woman to expect the man to build the world she wants, rather than to create it herself.

Anais Nin

Stay away from toxic people and troublemakers! They'll drag you down to their level.

Naturalopist

In personal relationships, silence is not golden. Silence is consent.

Naturalopist

I destroy my enemies when I make them my friends.

Abraham Lincoln

Mock someone when they struggle and they will learn never share their struggles with you.

Motherly Advice

Sex is emotion in motion.

Mae West

You should never hate anyone, even your worst enemies. Everyone has something good about them. You have to find the redeeming quality and love the person for that.

Jeannette Walls

As I get older, I am becoming more selective of who I consider a friend. I find that I would rather have 4 quarters than 100 pennies.

Steve Maraboli

A flower cannot blossom without sunshine, and man cannot live without love.

Max Muller

The best kind of people are the ones who come into your life, and make you see the sun where you once saw clouds. The people who believe in you so much, you start to believe in you, too. The people who love you, simply for being you. The once in a lifetime kind of people.

Naturalopist

Don’t walk behind me; I may not lead. Don’t walk in front of me; I may not follow. Just walk beside me and be my friend.

Albert Camus

True friendship comes when the silence between two people is comfortable.

David Tyson Gentry

It is better to have an enemy who honestly says they hate you than to have a friend who is secretly putting you down.

Naturalopist

Friendship is born at that moment when one person says to another: “What! You too? I thought I was the only one.”

C.S. Lewis

A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow.

William Shakespeare

Anybody can sympathize with the sufferings of a friend, but it requires a very fine nature to sympathize with a friend's success.

Oscar Wilde

Wishing to be friends is quick work, but friendship is a slow ripening fruit.

Aristotle

People inspire you, or they drain you—pick them wisely.

Hans F. Hansen

A good friend can tell you what is the matter with you in a minute. He may not seem such a good friend after telling.

Arthur Brisbane

I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better.

Plutarch

To live a positive and productive life, associate with positive and productive people.

Naturalopist

Inoculate yourself from dangerous bozos.

Guy Kawasaki

Life is kind of like a party. You invite a lot of people, some leave early, some stay all night, some laugh with you, some laugh at you, and some show up really late.

But in the end, after the fun, there are a few who stay to help you clean up the mess. And most of the time, they aren't even the ones who made the mess. These people are your true friends in life. They are the ones who matter.

Naturalopist

Some people aren't satisfied until they sabotage someone else's happiness. Be careful who you trust, not everyone who smiles at you is your friend!

Naturalopist

There are those I dearly love who will always be a part of my heart, just not a part of my life.

Trung Nguyen

People do bad things to people. If bad things are done to you, you're probably around bad people. Don't let people choose you as a friend; choose your friends wisely.

Naturalopist

Relationships—of all kinds–are like sand held in your hand. Held loosely, with an open hand, the sand remains where it is. The minute you close your hand and squeeze tightly to hold on, the sand trickles through your fingers. You may hold onto some of it, but most will be spilled. A relationship is like that. Held loosely, with respect and freedom for the other person, it is likely to remain intact. But hold too tightly, too possessively, and the relationship slips away and is lost.

Kaleel Jamison

All major religious traditions carry basically the same message; that is love, compassion, and forgiveness. The important thing is they should be part of our daily lives.

Dalai Lama XIV

Real men don’t love the most beautiful girl in the world, they love the girl who can make their world the most beautiful.

Naturalopist

You cannot save everyone.

Bryant McGill

A relationship without trust is like a car without gas. You can stay in it all you want, but it won’t go anywhere.

Naturalopist

ACCEPTANCE

acceptance

acknowledgment, permission, recognition, admission, consent, approval

1. The act of accepting; a receiving of something offered, with approbation, satisfaction, or acquiescence; especially, favorable reception; approval

2. State of being accepted.

It is an inherent part of human nature to want to be accepted and approved—we all yearn for a sense of belonging. However, we must accept ourself first before others will accept us.

When we accept others for who they are, it does *not* mean they are a part of our life. There are people who we can heartily accept for who they are, but exclude them from our life due to differences in goals and values. Or these people are drama-makers and troublemakers, and we want to let them be while we move on. We cannot change people—we accept this fact—so we let go and move on to a healthier environment.

To accept is not to resist; to accept is to observe, recognize, and decide. Anytime we fail to accept, we are swimming upstream. If we can't change something, accept it and move on. Something better is awaiting downstream.

It's not my place to judge you, because a bigger force will do that. Just know that you created your reputation and caused your own Karma!

Nishan Panwar

Nothing brings down walls as surely as acceptance.

Deepak Chopra

Everybody comes from the same source. If you hate another human being, you're hating a part of yourself.

Elvis Presley

Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

Lao Tzu

Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be happiest.

Sri Chinmoy

Give love and unconditional acceptance to those you encounter, and notice what happens.

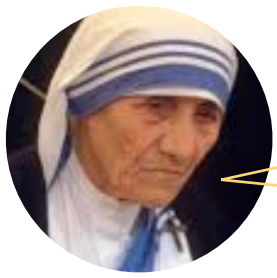
Wayne Dyer

Anger and intolerance are the enemies of correct understanding.

Mahatma Gandhi

A friend is someone who gives you total freedom to be yourself and especially to feel, or not feel. Whatever you happen to be feeling at any moment is fine with them. That's what real love amounts to—letting a person be what they really are.

Jim Morrison



If you judge people, you have no time to love them.

Mother Theresa

Understanding is the first step to acceptance, and only with acceptance can there be recovery.

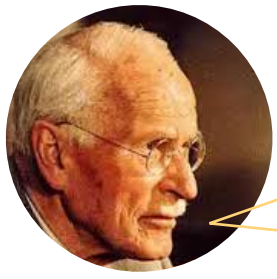
J.K. Rowling

I am my own biggest critic. Before anyone else has criticized me, I have already criticized myself. But for the rest of my life, I am going to be with me and I don't want to spend my life with someone who is always critical. So I am going to stop being my own critic. It's high time that I accept all the great things about me.

C. JoyBell C.

Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others's approval. Because one accepts oneself, the whole world accepts him or her.

Lao Tzu



The most terrifying thing is to accept oneself completely.

Carl Jung

I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself, and proud.

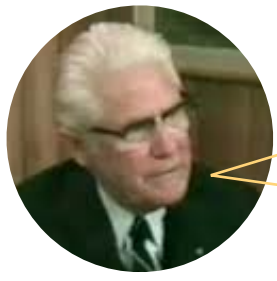
Anderson Cooper

When you are truly comfortable with who you are, not everybody will like you. But you won't care about it one bit.

Naturalopist

What is love? Love is the absence of judgment.

Dalai Lama XIV



Accept yourself as you are. Otherwise you will never see opportunity. You will not feel free to move toward it; you will feel you are not deserving.

Maxwell Maltz

Men who do not forgive women their little faults will never enjoy their great virtues.

Kahlil Gibran

You’re always with yourself, so you might as well enjoy the company.

Diane von Furstenberg

A friend is someone who knows all about you and still loves you.

Elbert Hubbard

Once we accept our limits, we go beyond them.

Brendan Francis Behan

You couldn't relive your life, skipping the awful parts, without losing what made it worthwhile. You had to accept it as a whole—like the world, or the person you loved.

Stewart O'Nan

Accept life, and you must accept regret.

Henry Frederic Amiel

Self-acceptance Manifesto

I am strong because I know my weaknesses.

I am beautiful because I'm aware of my flaws.

I am fearless because I can recognize illusion from reality.

I am wise because I learn from my mistakes.

I can love because I have felt hate.

I can laugh because I have known sadness.

The greatest gift that you can give to others is the gift of unconditional love and acceptance.

Brian Tracy

If you don't judge, you won't be judged.

Naturalopist

The Old Ones have always said that no matter who despises or ignores you, no matter who keeps you from entering their circles, it is right to pray for them because they are like us, too.

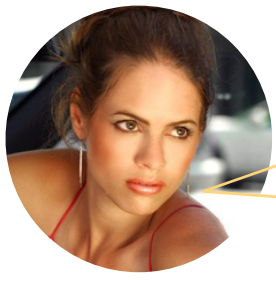
Larry P. Aitken

The first step toward change is awareness.
The second step is acceptance.

Nathaniel Branden

Acceptance of others, their looks, their behaviors, their beliefs, bring you an inner peace and tranquillity—instead of anger and resentment.

Naturalopist



When you're a beautiful person on the inside, there is nothing in the world that can change that about you. Jealousy is the result of one's lack of self-confidence, self-worth, and self-acceptance. The Lesson: If you can't accept yourself, then certainly no one else will.

Sasha Azevedo

Beauty is about being comfortable in your own skin, it's about knowing and accepting who you are.

Ellen Degeneres

Only by acceptance of the past, can you alter it.

T.S. Elliot

LOSS

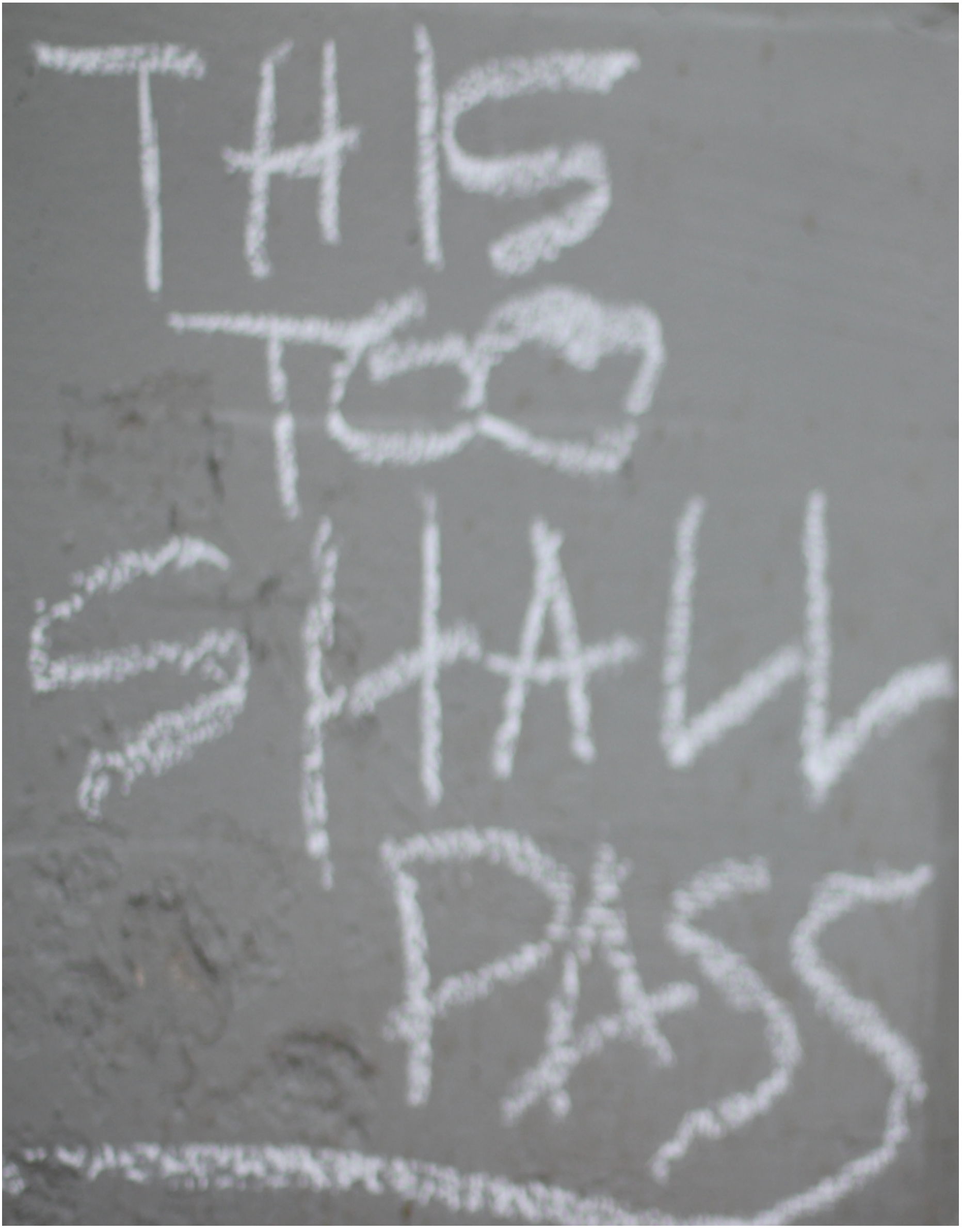
loss

bereavement, dispossession, cataclysm, calamity, deprived

1. The hurtful condition of having lost something or someone.

Life can be short or long, depending how it is lived. Throughout this wonderful journey we will lose many people—some we choose to let go, some choose to let us go, and some through death. Many of us even lose ourself in life's excitement and excess. Whatever the reason for loss, the mourning process could take one month or ten years to get over.

It's all up to us how long it takes.


THIS
PASS

Letting go doesn't mean that you don't care about someone anymore. It's just realizing that the only person you really have control over is yourself.

Deborah Reber

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller

It happens to everyone as they grow up. You find out who you are and what you want, and then you realize that people you've known forever don't see things the way you do. So you keep the wonderful memories, but find yourself moving on.

Nicholas Sparks

Mostly it is loss which teaches us about the worth of things.

Arthur Schopenhauer

In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of the things not meant for you.

Buddha

Girls you've gotta know when it's time to turn the page.

Tori Amos

If someone is not treating you with love and respect, it is a gift if they walk away from you. If that person doesn't walk away, you will surely endure many years of suffering with him or her. Walking away may hurt for a while, but your heart will eventually heal. Then you can choose what you really want. You will find that you don't need to trust others as much as you need to trust yourself to make the right choices.

Miguel Ruiz

Hurting people say and do hurtful things. Move on and let them hurt on their own. Once they're done hurting they'll understand why you gave them room to reflect and change.

Trung Nguyen

One of the happiest moments in life is when you find the courage to let go of what you can't change.

Naturalopist

Every instance of heartbreak can teach us powerful lessons about creating the kind of love we really want.

Martha Beck

After a breakup is the best time to figure out who you are and want you want in life. During this time alone, you're free to reflect and decide without outside influence.

Naturalopist

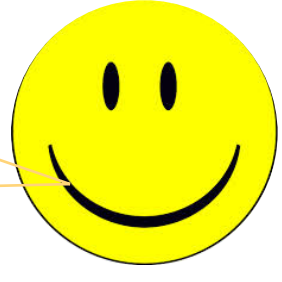
Sometimes you don't realize the weight of something you've been carrying until you feel the weight of its release.

Naturalopist

The greatest weakness of most humans is their hesitancy to tell others how much they love them while they're alive.

Orlando A. Battista

I love the ones who are in my life and made it amazing, and I thank the ones who left my life and made it even more fantastic.



Naturalopist

It takes a lot more courage to let something go than it does to hang on to it, trying to make it better. Letting go doesn't mean ignoring a situation. Letting go means accepting what is, exactly as it is, without fear, resistance, or a struggle for control.

Iyanla Vanzant

It could take one month or it could take ten years to get over it. It's up to you.

Trung Nguyen

You can't look back—you just have to put the past behind you, and find something better in your future.

Jodi Picoult

Heartbreaks will last as long as you want and cut deep as you allow them to go; the challenge is not how to survive heartbreaks but to learn from them.

Naturalopist

People come into your LIFE for a reason. The NEGATIVE PEOPLE usually are there to teach you what you don't want to BECOME. They teach you how you don't want to be TREATED, and to show you what you don't DESERVE. Embrace them, let them teach you, and then let them go!

Naturalopist

A sad thing in life is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be. That’s when you have to let go.

Naturalopist

LETTING GO

Two monks were returning to the monastery in the evening. It had rained and there were puddles of water on the road sides. At one place a beautiful young woman was standing unable to walk across because of a puddle of water. The elder of the two monks went up to a her, lifted her in his alms, and left her on the other side of the road, and continued on his way to the monastery.

In the evening the younger monk came to the elder monk and asked, "Sir, as monks, we cannot touch a woman?”

The elder monk answered, “Yes, brother.”

Then the younger monk asked again, " But then Sir, how is that you lifted that woman on the roadside?”

The elder monk smiled at him and told him, “I left her on the other side of the road, but you are still carrying her.”

PRECEPT 13

DREAMS

dream

imagination, mental picture, impression, thought, idea, image

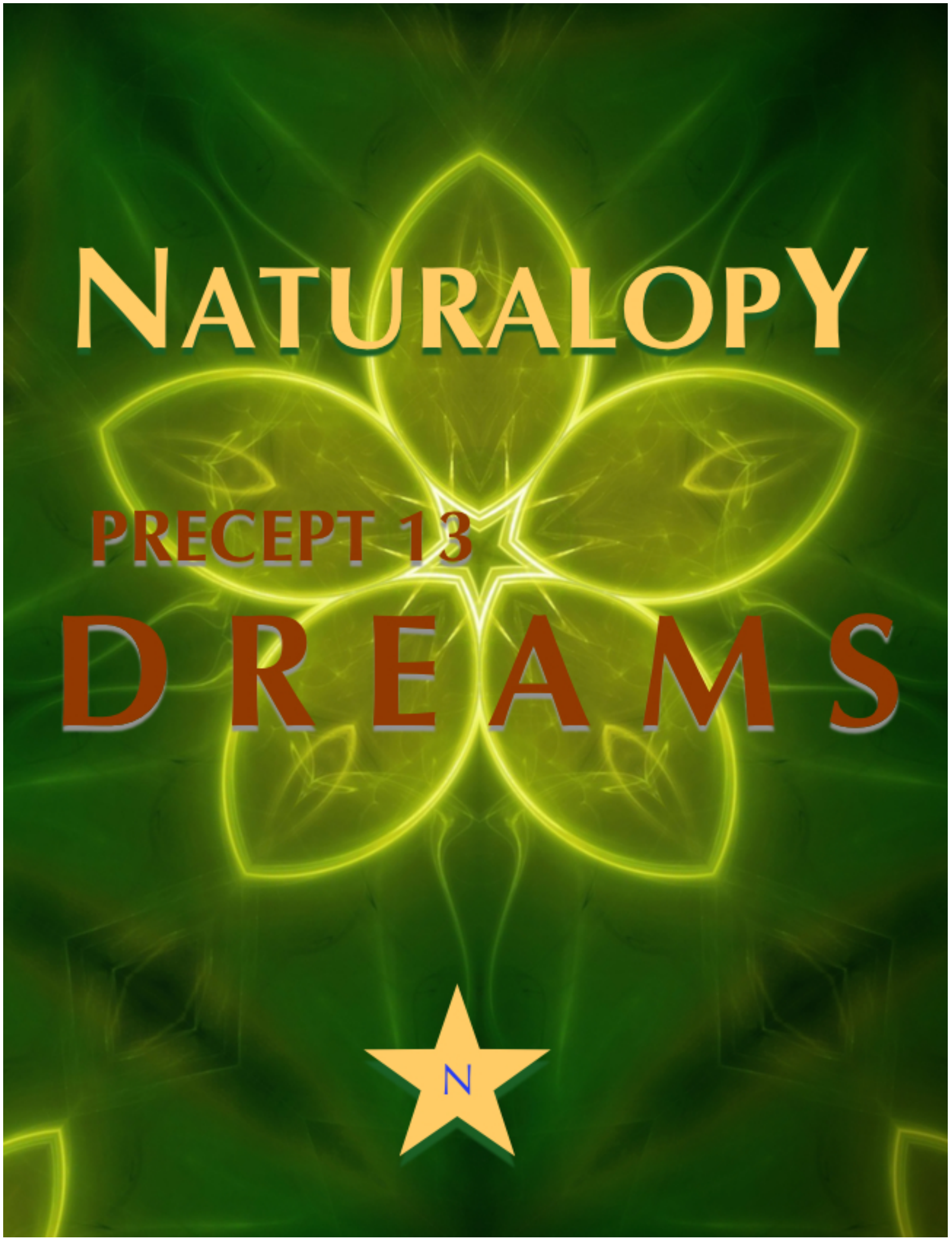
1. A succession of ideas, emotions, images, and sensations that occur involuntarily in the mind during certain stages of sleep, or voluntarily while awake.

There are night dreams and there are daydreams. The conscious daydreams are our vision of what our soul yearns for. However, most of us end up in mediocrity because we fail to pursue our dreams—for fear of judgment, for fear of failure, or even for fear of success. Now we know why it takes courage to pursue dreams.

Every time we dream an imprint is created in our neurons, an impression seared into our molecules and cells, and memories are formed, ready to be recalled at will. When the links between the neurons are strong, the dreams become a part of our consciousness. If we neglect those dreams, the links weaken and a part of our soul slowly dies. And we live in discomfort.

We only have so many days in our life. Therefore, if we have a pressing dream, a burning desire, start it now and work on it everyday. Unfulfilled potential is one of the saddest things in life. It is what leads to regret on the deathbeds of many.

Our days are numbered the day we were born. We only have so much time to finish our dreams…work on them everyday…before time expires…


NATURALOPY
PRECEPT 13
DREAMS
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Nothing happens unless first a dream.

Carl Sandburg

Don’t ever let anybody tell you that you can’t do something. Not even me. You have a dream? You have to protect it. People who can’t do something themselves will tell you that you can’t do it. If you want something, go get it. Period.

Christopher Gardner

A dream doesn't become reality through magic; it takes sweat, determination, and hard work.

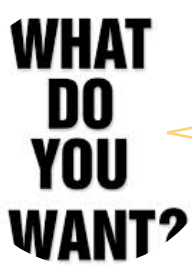
Colin Powell

I didn't get here by dreaming or thinking about it. I got here by doing it.

Estee Lauder

Make no little plans; they have no magic to stir men's blood. Make big plans; aim high in hope and work.

Daniel Burnham



The first step to getting what you want out of life is to decide on what you want, then set goals and develop a plan. You must know what you want before you can pursue it. What do you want?

Naturalopist

Vision without execution is hallucination.

Thomas Edison

They are the prisoners of their personal history. Everyone believes that the main aim in life is to follow a plan. They never ask if that plan is theirs or if it was created by another person. They accumulate experiences, memories, things, other people's ideas, and it is more than they can possibly cope with. And that is why they forget their dreams.

Paulo Coelho

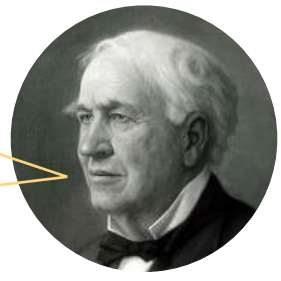
Everything is created twice. First in the mind, then in reality.

Robin Sharma

Dream big and dare to fail.

Norman Vaughan

Failure is really a matter of conceit. People don't work hard because, in their conceit, they imagine they'll succeed without ever making an effort. Most people believe that they'll wake up some day and find themselves rich. Actually, they've got it half right, because eventually they do wake up.



Thomas Edison

Too many of us are not living our dreams because we are living our fears.

Les Brown

Man, alone, has the power to transform his thoughts into physical reality; man, alone, can dream and make his dreams come true.

Napoleon Hill

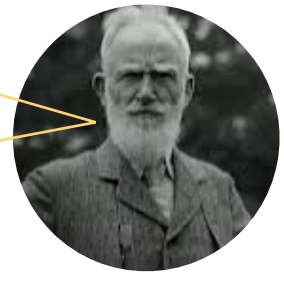
If one confidently moves in the direction of their dreams, and endeavors to live the life which they've imagined, they will meet with a success unexpected in common hours.

Henry David Thoreau

Live and die according to your dreams and plans, so one day you can say to the naysayers, "You laughed at my dreams. Now I laugh that you never had any."

Trung Nguyen

You see things; you say, "Why?" But I dream things that never were; and I say, "Why not?"



George Bernard Shaw

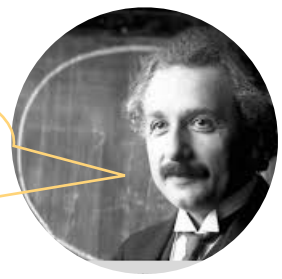
All our dreams can come true when we have the courage to pursue them.

Walt Disney

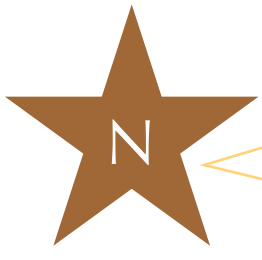
Build your own dreams, or someone else will hire you to build theirs.

Farrah Gray

The gift of fantasy has meant more to me than my talent for absorbing positive knowledge.



Albert Einstein



Don’t let small minds convince you that your dreams are too big.

Naturalopist

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

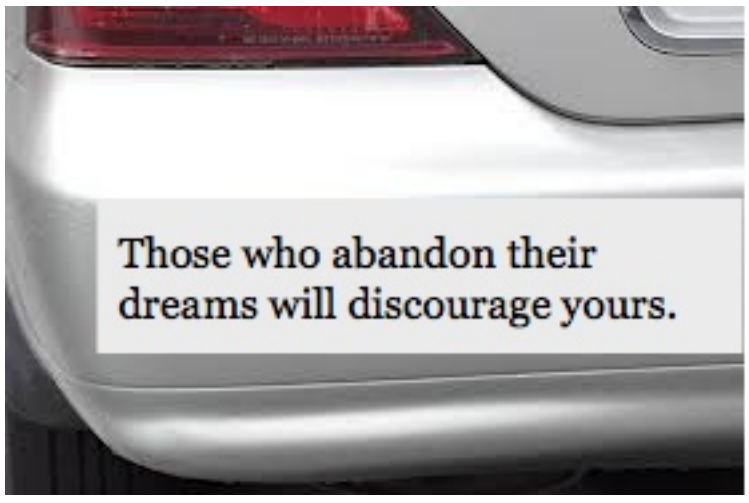
Harriet Tubman

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.

Sam Ewing

There are dreamers and there are doers. Then there are dreamers and doers.

Trung Nguyen



We are what and where we are because we have first imagined it.

Donald Curtis

If you don't have a well-thought out dream, you can start by figuring out where you want to go. If you cannot see yourself fairly or accurately represented in the community you live (from restaurants to department stores to clothing choices to conversations at the dinner table) and nothing there makes you feel awake or alive, I suggest you start doing some research on some other communities.

Kelly Cutrone

Ideas are more powerful than the weapons of war.

Ron Paul

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk.

Raymond Inmon

Although I cannot move and have to speak through a computer, in my mind I am free. Free to explore the Universe and ask the big questions.

Stephen Hawking

Shoot for the stars. Even if you miss, you'll land on the moon.

Les Brown

All people dream, but not equally. Those who dream by night in the dusty recesses of their mind, wake in the morning to find that it was vanity. But the dreamers of the day are dangerous people. For they dream their dreams with open eyes. And make them come true.

D.H. Lawrence

There is nothing like a dream to create the future. Utopia today, flesh and blood tomorrow.

Victor Hugo

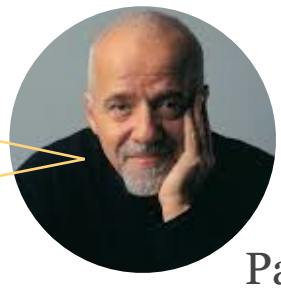
Our life is composed greatly from dreams, from the subconscious, and they must be brought into connection with action. They must be woven together.

Anais Nin

Empathetic people are dreamers and idealists who have this accidental power. Most spend their early years ridden with self-doubt, insecurity, and people pleasing habits. But their journey is derailed when this comfortable life gets uprooted by an unexpected darkness. Suddenly their trusted methods no longer bring them happiness. At first this depression convinces them that they may never feel joy again. But ultimately, it sets them on a quest for something more—for love, justice, and wisdom. Once this adventure begins, there is no stopping a dreamer. And when dreamers unite? Well, that's how we change the world.

Naturalopist

It’s the possibility of having a dream come true that makes life interesting.



Paul Coelho

PLANS

plan

strategy, project, aim, layout, platform, undertaking, big picture

1. A set of intended actions, usually mutually related, through which one expects to achieve a goal.

2. A method; a way of procedure; a custom.

The devil is in the detail: A dream is like a puzzle with detached, scattered pieces that we need to assemble into a final picture. The tools we need to assemble this dream puzzle are a plan, goals, and plenty of hard work. Goals are more specific than a plan, a plan is more specific than a dream, and hard work is the most specific of the tools. For example, a plan and goals must have deadlines. That is, they're bound by time. Another way to think of them is that a plan is a strategy (broad, overarching) and goals are tactics used to achieve a plan. Basically, every dream requires a plan and goals to achieve. Otherwise, that dream is wishful thinking.

For example, someone has a dream of becoming a great pianist; a plan to accomplish it in 5 years; monthly goals to mark milestones of how far they've progressed; and forces themself to work hard everyday to accomplish the daily goals. In turn, when those daily goals are met, the weekly goals are met, the monthly milestones accomplished, and the five year plan is within reach. Then eventually the dream fulfilled.

Dreams, plans, goals, and hard work turn the ethereal into the tangible.

Unless commitment is made, there are only promises and hopes; but no plans.

Peter F. Drucker

If plan A doesn't work,
the alphabet has 25 more letters.

Naturalopist

An idea can only become a reality once it is broken down into organized, actionable elements.

Scott Belsky

If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us.

Jim Rohn

Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.

Pablo Picasso

If you don't know where you are going, you will wind up somewhere else.

Yogi Bera

If you are planning for one year, grow rice. If you are planning for 20 years, grow trees. If you are planning for centuries, grow men.

Chinese Proverb

A goal without a plan is just a wish.

Antoine de Saint-Exupéry

To map out a course of action and follow it to an end requires some of the same courage that a soldier needs.

Ralph Waldo Emerson

The world makes room for the man who knows where he is going.

Napoleon Hill

The system is that there is no system. That doesn't mean we don't have process. Apple is a very disciplined company, and we have great processes. But that's not what it's about. Process makes you more efficient.

Steve Jobs

Review your goals twice every day in order to be focused on achieving them.

Les Brown

It is a mistake to try to look too far ahead. The chain of destiny can only be grasped one link at a time.

Winston Churchill

Always, always have a plan.

Rick Riordan

Plan for the future because that's where you are going to spend the rest of your life.

Mark Twain

By failing to prepare, you are preparing to fail.

Benjamin Franklin

GOALS

goal

mark, objective, target, destination, mission, aspiration

1. A result that one is attempting to achieve.

In pursuit of our dream, we must set daily goals, weekly goals, monthly goals, and yearly goals as part of our plan. In setting goals, we are breaking our dream into manageable parts, making our dream more concrete and easier to accomplish.

Goals are like milestones—they tell us how far we've gone and how much farther we need to go. The best way to remember goals is to write them down and visualize and meditate on them throughout the day. Remember, goals can be only accomplished with hard work and patience.

People are remarkably bad at remembering long lists of goals. I learned this at a professional level when trying to get my high-performance coaching clients to stay on track; the longer their lists of to-dos and goals, the more overwhelmed and off-track they got.

Clarity comes with simplicity.

Brendon Burchard

What you get by achieving your goals is not as important as what you become by achieving your goals.

Henry David Thoreau

When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.

Confucius

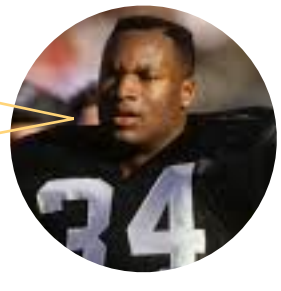
You need to overcome the tug of people against you as you reach for high goals.

George S. Patton

Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.

Denis Waitley

Set your goals high, and don't stop till you get there.



Bo Jackson

Everybody has goals, aspirations or whatever, and everybody has been at a point in their life where nobody believed in them.

Eminem

The game has its ups and downs, but you can never lose focus of your individual goals and you can't let yourself be beat because of lack of effort.

Michael Jordan

Getting organized in the normal routines of life and finishing little projects you've started is an important first step toward realizing larger goals. If you can't get a handle on the small things, how will you ever get it together to focus on the big things?

Joyce Meyer

Discipline is the bridge between goals and accomplishment.

Jim Rohn

I think if you do something and it turns out pretty good, then you should go do something else wonderful, not dwell on it for too long. Just figure out what's next.

Steve Jobs

A note of caution: We can never achieve goals that envy sets for us. Looking at your friends and wishing you had what they had is a waste of precious energy. Because we are all unique, what makes another happy may do the opposite for you. That's why advice is nice but often disappointing when heeded.

Marcus Buckingham

People with goals succeed because they know where they're going.

Earl Nightingale

Stay focused, go after your dreams and keep moving toward your goals.

LL Cool J

Disregard the negative opinions of those who haven’t done what you want to do. They tell you it can’t be done because they lack the courage to pursue it.

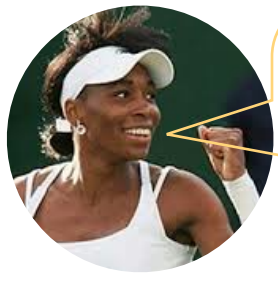
Trung Nguyen

People are not lazy. They simply have impotent goals—that is, goals that do not inspire them.

Tony Robbins

Crystallize your goals. Make a plan for achieving them and set yourself a deadline. Then, with supreme confidence, determination and disregard for obstacles and other people's criticisms, carry out your plan.

Paul J. Meyer



I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest.

Venus Williams

Remember, you and you alone are responsible for maintaining your energy. Give up blaming, complaining and excuse making, and keep taking action in the direction of your goals—however mundane or lofty they may be.

Jack Canfield

Do more than is required. What is the distance between someone who achieves their goals consistently and those who spend their lives and careers merely following? The extra mile.

Gary Ryan Blair

PRECEPT 14

WISDOM

wisdom

foresight, astuteness, discernment, experience, intelligence, comprehension

1. An element of personal character that enables one to distinguish the wise from the unwise, or right from wrong.

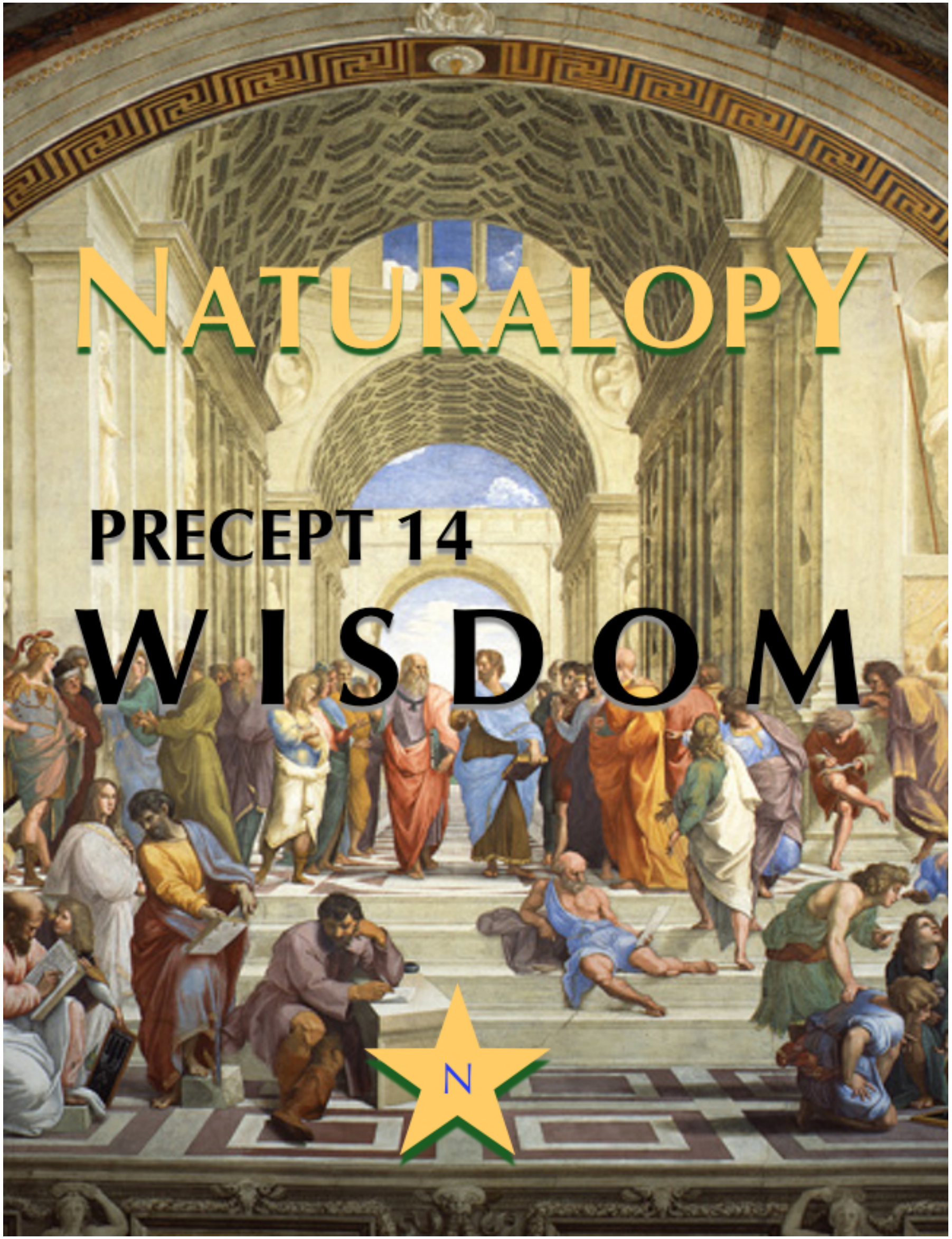
2. The discretionary use of knowledge for the greatest good.

When we are young, unknowledgeable, inexperienced, and impressionable, everything is opinion. We think we know how life and the world at large works, but after we become enlightened and wise, our perspective of the world changes. We begin to think that peerhaps the mass media doesn't have our best interest at heart, but is putting the interest of its advertisers before our own. Or that our donation to the church, synagogue, or mosque is enriching the lives of the higher-ups and contributing to the wars between religions across the globe. Or our government is not governing for the common good but for the few who put them in power. Or even perhaps our friends want us to succeed, but not too much as not to leave them behind, thus the slights and jealous fits. Why, why, oh why is the world such a cruel place?

The social interactions between people and the dynamics of life as the consequence of those interactions can only be understood through wisdom. The world is not a cruel place once we understand the people in it. When we understand people, we understand the world, and the world becomes a manageable place, even our playground if we become people experts.

Wisdom requires insight, perspective, and especially experience. Our worldview began as subjective opinions, then through enlightenment our opinion may or may not change, but it is with wisdom that the truth becomes apparent.

To understand human nature is to understand the world, thus wisdom.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Only the educated are free.

Epictetus

Give a man fish and you feed him for a day.
Teach a man how to fish and you feed him for a lifetime.

Confucius

A man may die, nations may rise and fall,
but an idea lives on.

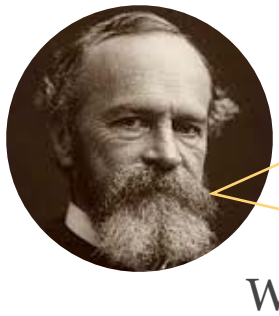
John F. Kennedy

Wisdom tends to grow in proportion to
one's awareness of one's ignorance.

Anthony de Mello

It is the mark of an educated mind to be able to entertain a thought without accepting it.

Aristotle



The art of being wise is the art of knowing what to overlook.

William James

The educated differ from the uneducated as much as the living from the dead.

Aristotle

An intelligent person can rationalize anything, a wise person doesn't try.

Jen Knox

Knowledge is learning something everyday. Wisdom is letting go of something everyday.

Zen Proverb

Wisdom is nothing more than healed pain.

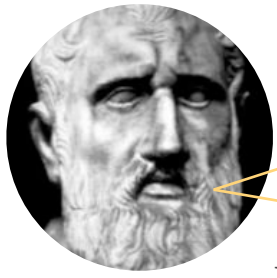
Robert E. Lee

Five percent of the people think; 10% percent of the people think they think; and the other 85% would rather die than think.

Thomas Edison

Knowledge comes by taking things apart: analysis. But wisdom comes by putting things together.

John A. Morrison



Learn the meaning of what you say, then speak.

Epictetus

To attain knowledge, add things every day. To attain wisdom, subtract things every day.

Lao Tzu

You must learn a new way to think before you can master a new way to be.

Marianne Williamson

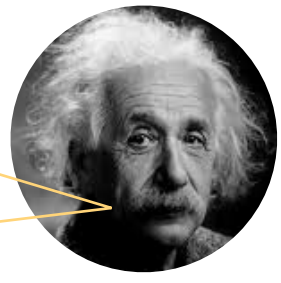
The wise know too well their weakness to assume infallibility; and he who knows most knows best how little he knows.

Thomas Jefferson

Only a fool learns from his own mistakes. The wise man learns from the mistakes of others.

Otto von Bismarck

The whole of science is nothing more than a refinement of everyday thinking.



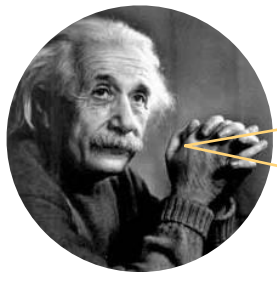
Albert Einstein

What you won't learn through wisdom, you'll learn through woe.

Johnny Awesome

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

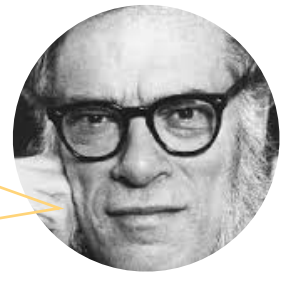
Mark Twain



Wisdom is not a product of schooling but of the lifelong attempt to acquire it.

Albert Einstein

Knowledge is indivisible. When people grow wise in one direction, they are sure to make it easier for themselves to grow wise in other directions as well. On the other hand, when they split up knowledge, concentrate on their own field, and scorn and ignore other fields, they grow less wise—even in their own field.



Isaac Asimov

Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information on it.

Samuel Johnson

To know what is right instead of who is right is intelligence; to accept what is right instead of who is right is wisdom.

Trung Nguyen

For the fault of others, the wise correct themselves.

Pubilius Syrus

Education comes from within; you get it by struggle and effort and thought.

Napoleon Hill

A sure sign of wisdom and self-acceptance is when you can say to yourself, “I would not change anything about my past. I accept all my mistakes because life didn’t come with a manual. Life is a learning process and those mistakes were lessons in that process. It’s time to move forward.”

Trung Nguyen

I hear and I forgot. I see and I remember. I do and I understand.

Confucius

If you think along the lines of Nature, then you think properly.

Carl Jung

The man who can keep a secret may be wise, but he is not half as wise as the man with no secrets to keep.

E.W. Howe

Four things you can't recover:

1. The stone after the throw.
2. The word after it's said.
3. The occasion after it's missed.
4. The time after it's gone.

Deanna Wadsworth

In the broadest context, the goal is to seek enlightenment. However you define it.

Steve Jobs

All communication problems are because we do not listen to understand. We listen to reply.

Nishan Panwar

Your personal philosophy is the greatest determining factor in how your life works out.

Jim Rohn

Tell me and I forget. Teach me and I remember. Involve me and I learn.

Benjamin Franklin

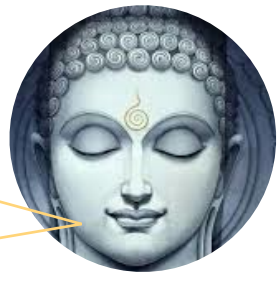
Theory without practice is empty. Practice without theory is blind.

Immanuel Kant

Don’t explain your philosophy. Embody it.

Epictetus

However many holy words you read,
however many you speak,
what good will they do you if you do not act
on upon them?



Buddha

More people would learn from their mis-
takes if they weren't so busy denying them.

Harold J. Smith

Always put yourself in others' shoes. If you feel that
it hurts you, it probably hurts the other person, too.

Rachel Grady

A man convinced against his will is of the same opinion still.

Benjamin Franklin

Everything happens for a reason, but sometimes the reasons is you're confused and make bad decisions.

Naturalopist

The essence of being human is that one does not seek perfection.

George Orwell

The dumbing down of America is most evident in the slow decay of substantive content in the enormously influential media, the 30 second sound bites (now down to 10 seconds or less), lowest common denominator programming, credulous presentations on pseudoscience and superstition, but especially a kind of celebration of ignorance.

Carl Sagan

Education stuffs you full of ideas without the coinciding experience that gave rise to those ideas in the first place, giving you incorrect perspective and notions.

Arthur Schopenhauer

Never does Nature say one thing and wisdom another.

Juvenal

The wisdom of life consists in the elimination of non-essentials.

Lin Yutang

By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.

Confucius

Be happy. It's one way of being wise.

Sidonie Gabrielle

One's first step in wisdom is to question everything and one's last is to come to terms with everything.

Georg C. Lichtenberg

Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.

Napoleon Hill

The older I get the less I listen to what people say and the more I look at what they do.

Andrew Carnegie

Some of the best lessons we ever learn we learn from our mistakes and failures. The error of the past is the wisdom of the future.

Tryon Edwards

A prudent question is one-half of wisdom.

Francis Bacon

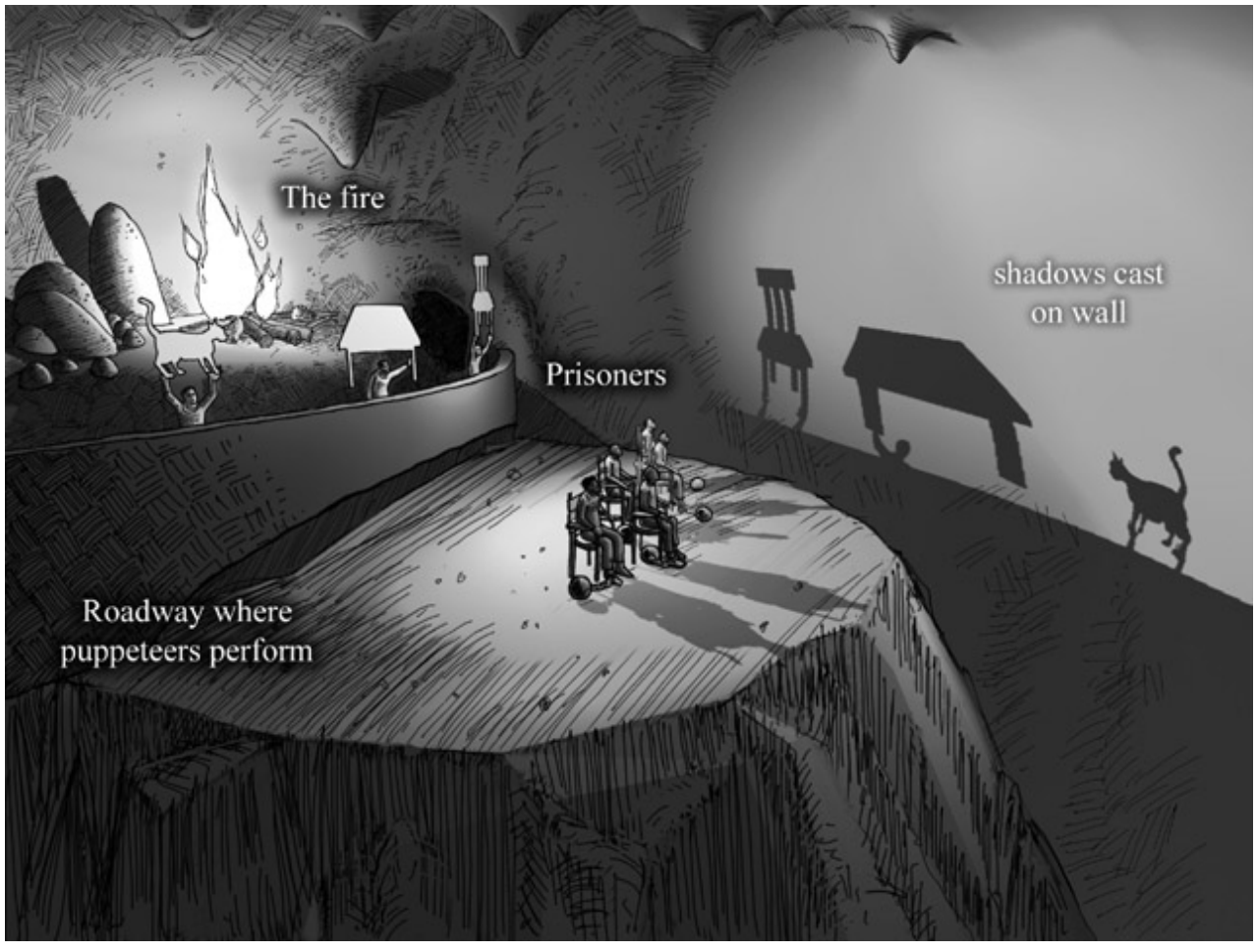
Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.

Doug Larson

We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery.

Samuel Smiles

THE ALLEGORY OF THE CAVE



Plato: And now, let me show in a figure how far our nature is enlightened or unenlightened: Behold! Human beings living in an underground den, which has a mouth open towards the light and reaching all along the den; here they have been from their childhood, and have their legs and necks chained so that they cannot move, and can only see before them, being prevented by the chains from turning round their heads. Above and behind them a fire is blazing at a distance, and between the fire and the prisoners there is a raised way; and you will see, if you look, a low wall built along the way, like the screen which marionette players have in front of them, over which they show the puppets.

Glaucon: I see.

Plato: And do you see men passing along the wall carrying all sorts of vessels, and statues and figures of animals made of wood and stone and various materials, which appear over the wall? Some of them are talking, others silent.

Glaucon: You have shown me a strange image, and they are strange prisoners.

Plato: Like ourselves, they see only their own shadows, or the shadows of one another. Which the fire throws on the opposite wall of the cave?

Glaucon: True. How could they see anything but the shadows if they were never allowed to move their heads?

Plato: And of the objects which are being carried in like manner they would only see the shadows?

Glaucon: Yes.

Plato: And if they were able to converse with one another, would they not suppose that they were naming what was actually before them?

Glaucon: Very true.

Plato: And suppose further that the prison had an echo which came from the other side, would they not be sure to fancy when one of the passers-by spoke that the voice which they heard came from the passing shadow?

Glaucon: No question.

Plato: To them, the truth would be literally nothing but the shadows of the images.

Glaucon: That is certain.

Plato: And now look again, and see what will naturally follow if the prisoners are released and disabused of their error.

At first, when any of them is liberated and compelled suddenly to stand up and turn his neck round and walk and look towards the light, he will suffer sharp pains; the glare will distress him, and he will be unable to see the realities of which in his former state he had seen the shadows; and then conceive some one saying to him, that what he saw before was an illusion, but that now, when he is approaching nearer to being and his eye is turned towards more real existence, he has a clearer vision—what will be his reply? And you may further imagine that his instructor is pointing to the objects as they pass and requiring him to name them—will he not be perplexed? Will he not fancy that the shadows which he formerly saw are truer than the objects which are now shown to him?

Glaucon: Far truer.

Plato: And if he is compelled to look straight at the light, will he not have a pain in his eyes which will make him turn away to take and take in the objects of vision which he can see, and which he will conceive to be in reality clearer than the things which are now being shown to him?

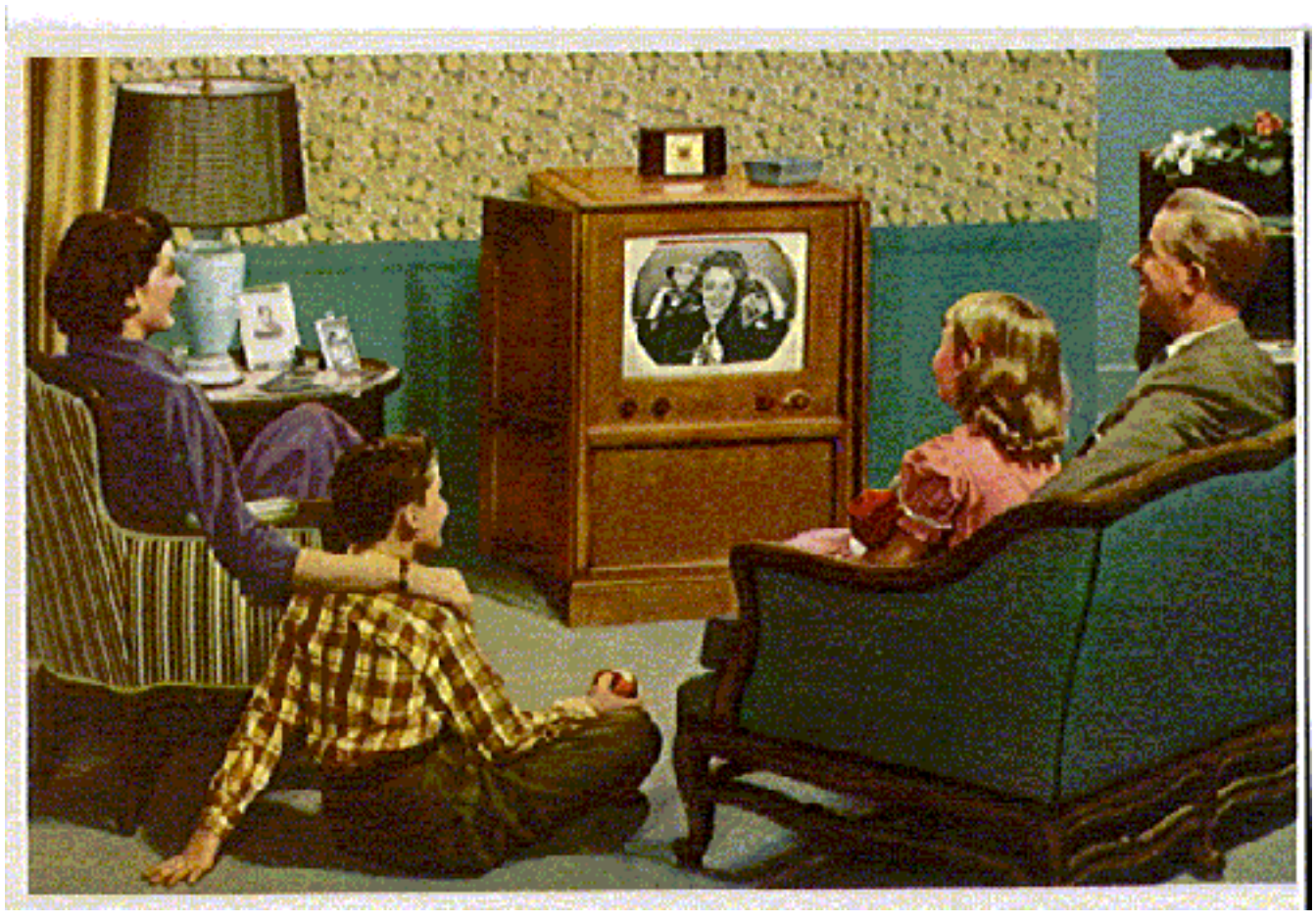
Glaucon: True.

Plato: And suppose once more, that he is reluctantly dragged up a steep and rugged ascent, and held fast until he's forced into the presence of the sun himself, is he not likely to be pained and irritated? When he approaches the light his eyes will be dazzled, and he will not be able to see anything at all of what are now called realities.

Glaucon: Not all in a moment.

Plato: He will require to grow accustomed to the sight of the upper world. And first he will see the shadows best, next the reflections of men and other objects in the water, and then the objects themselves; then he will gaze upon the light of the moon and the stars and the spangled heaven; and he will see the sky and the stars by night better than the sun or the light of the sun by day?

Glaucon: Certainly.



Plato: Last of he will be able to see the sun, and not mere reflections of him in the water, but he will see him in his own proper place, and not in another; and he will contemplate him as he is.

Glaucon: Certainly.

Plato: He will then proceed to argue that this is he who gives the season and the years, and is the guardian of all that is in the visible world, and in a certain way the cause of all things which he and his fellows have been accustomed to behold?

Glaucon: Clearly, he would first see the sun and then reason about him.

Plato: And when he remembered his old habitation, and the wisdom of the den and his fellow-prisoners, do you not suppose that he would felicitate himself on the change, and pity them?

Glaucon: Certainly, he would.

Plato: And if they were in the habit of conferring honours among themselves on those who were quickest to observe the passing shadows and to remark which of them went before, and which followed after, and which were together; and who were therefore best able to draw conclusions as to the future, do you think that he would care for such honours and glories, or envy the possessors of them? Would he not say with Homer,

Better to be the poor servant of a poor master, and to endure anything, rather than think as they do and live after their manner?

Glaucon: Yes, I think that he would rather suffer anything than entertain these false notions and live in this miserable manner.

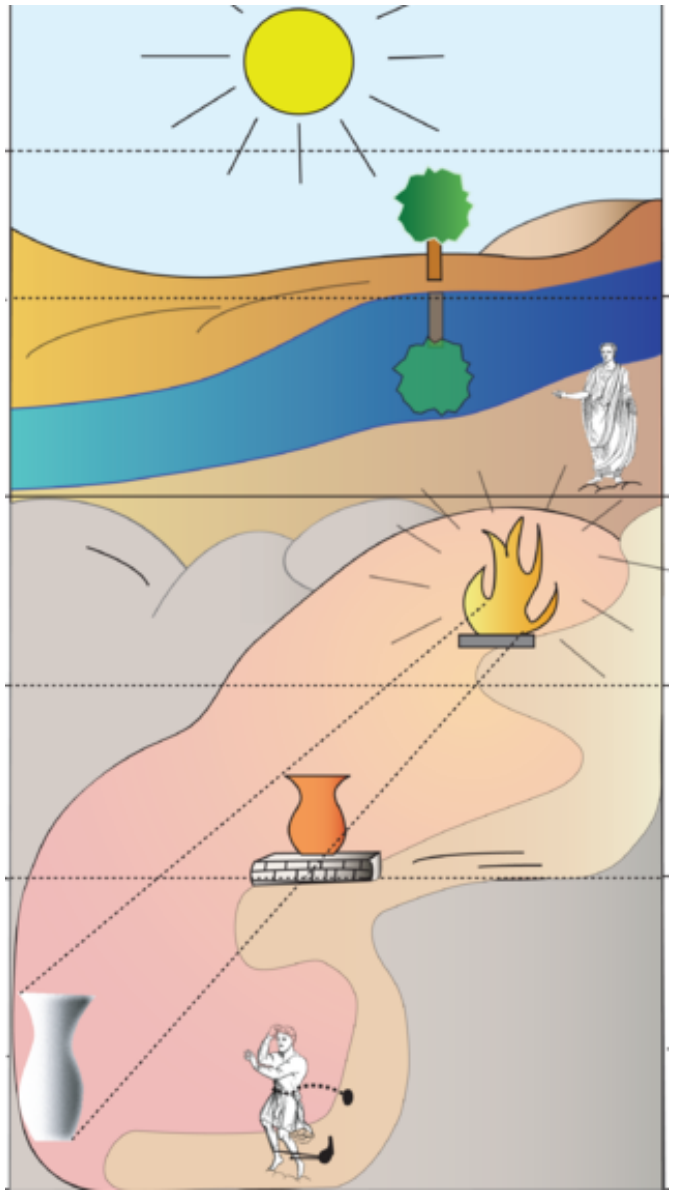
Plato: Imagine once more, such an one coming suddenly out of the sun to be replaced in his old situation; would he not be certain to have his eyes full of darkness?

Glaucon: To be sure.

Plato: And if there were a contest, and he had to compete in measuring the shadows with the prisoners who had never moved out of the den, while his sight was still weak, and before his eyes had become steady (and the time which would be needed to acquire this new habit of sight might be very considerable) would he not be ridiculous? Men would say of him that up he went and down he came without his eyes; and that it was better not even to think of ascending; and if any one tried to loose another and lead him up to the light, let them only catch the offender, and they would put him to death.

Glaucon: No question.

Plato: This entire allegory, you may now append, dear Glaucon, to the previous argument; the prison-house is the world of sight, the light of the fire is the sun,



and you will not misapprehend me if you interpret the journey upwards to be the ascent of the soul into the intellectual world according to my poor belief, which, at your desire, I have expressed whether rightly or wrongly God knows. But, whether true or false, my opinion is that in the world of knowledge the idea of good appears last of all, and is seen only with an effort; and, when seen, is also inferred to be the universal author of all things beautiful and right, parent of light and of the lord of light in this visible world, and the immediate source of reason and truth in the intellectual; and that this is the power upon which he who would act rationally, either in public or private life must have his eye fixed.

OPINION

opinion

viewpoint, sentiment, speculation, guess, hypothesis, notion, inclication

1. A belief that a person has formed about a topic or issue.

2. The judgment or sentiment which the mind forms of persons or things; estimation.

The journey to wisdom begins with opinion. The age-old adage is, “Opinions are like assholes. Nobody wants yours,” is timeless. That’s because opinions are subjective and not rooted in truth, therefore we should keep them to ourself. More importantly, we should not care about the opinion of others. Who wants to look at another person’s asshole?

There are two sides to every opinion: your opinion and their opinion. That is the subjective nature of opinion.

Dealing in opinion is a waste of time and energy. Opinion is a matter of perspective, given by those who don’t have all the information or with a hidden agenda. It is best to avoid the opinion quagmire, for the sake of peace of mind.

We don't just witness events, we automatically create stories about them. It's a really important practice to notice the stories that we tell ourselves.

Marcus Aurelius

Care about what other people think and you will always be their prisoner.

Lao Tzu

Great minds discuss ideas. Average minds discuss events. Small minds discuss people.

Eleanor Roosevelt

The conventional view serves to protect us from the painful job of thinking.

John Kenneth Galbraith

Opinions are like assholes. Everyone has one and no one wants yours.

Motherly Advice

Patterning your life around others's opinions is nothing more than slavery.

Lawana Blackwell

Overthinking: The art of creating problems that weren't even there.

Naturalopist

The man who never alters his opinion is like standing water, and breeds reptiles of the mind.

William Blake

Don’t let the noise of others’s opinions drown out your own inner voice.

Steve Jobs

Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future.

John F. Kennedy

Try being informed instead of just opinionated.

Naturalopist

Those who have knowledge don’t predict.
Those who predict don’t have knowledge.

Lao Tzu

As long as you are worried about what others think of you, you are owned by them. Only when you require no approval from outside you can own yourself.

Neale Donald Walsch

Those who cannot change their minds cannot change anything.

George Bernard Shaw

Rumors are carried by haters, spread by fools, and accepted by idiots.

Naturalopist

Marilyn Monroe

When it comes down to it, I let them think what they want. If they care enough to bother with what I do, then I'm already better than them.

The world is changed by your example, not by your opinion.

Paulo Coelho

Anyone can be a critic. What takes guts is to see the best in people.

Naturalopist

It’s not what you look at that matters, it’s what you see.

Henry David Thoreau

Never argue with stupid people, they will drag you down to their level and beat you with experience.

Mark Twain

As a solid rock is not shaken by a strong gale, so a wise person remains unaffected by praise or censure.

Buddha

The rumours you've heard about me may be true, but then again they could be as fake as that person who told you!

Naturalopist

Everything in the mainstream media is opinion. It is produced and written by people, and people are prone to emotions and agendas. The mass media is a self-serving industry that miseducates the public in order to appease its advertisers.

Trung Nguyen

In life, we must always find out things straight from the horse's mouth and not listen to the jackass spreading the gossip.

Motherly Advice

THE BLIND MEN AND THE ELEPHANT

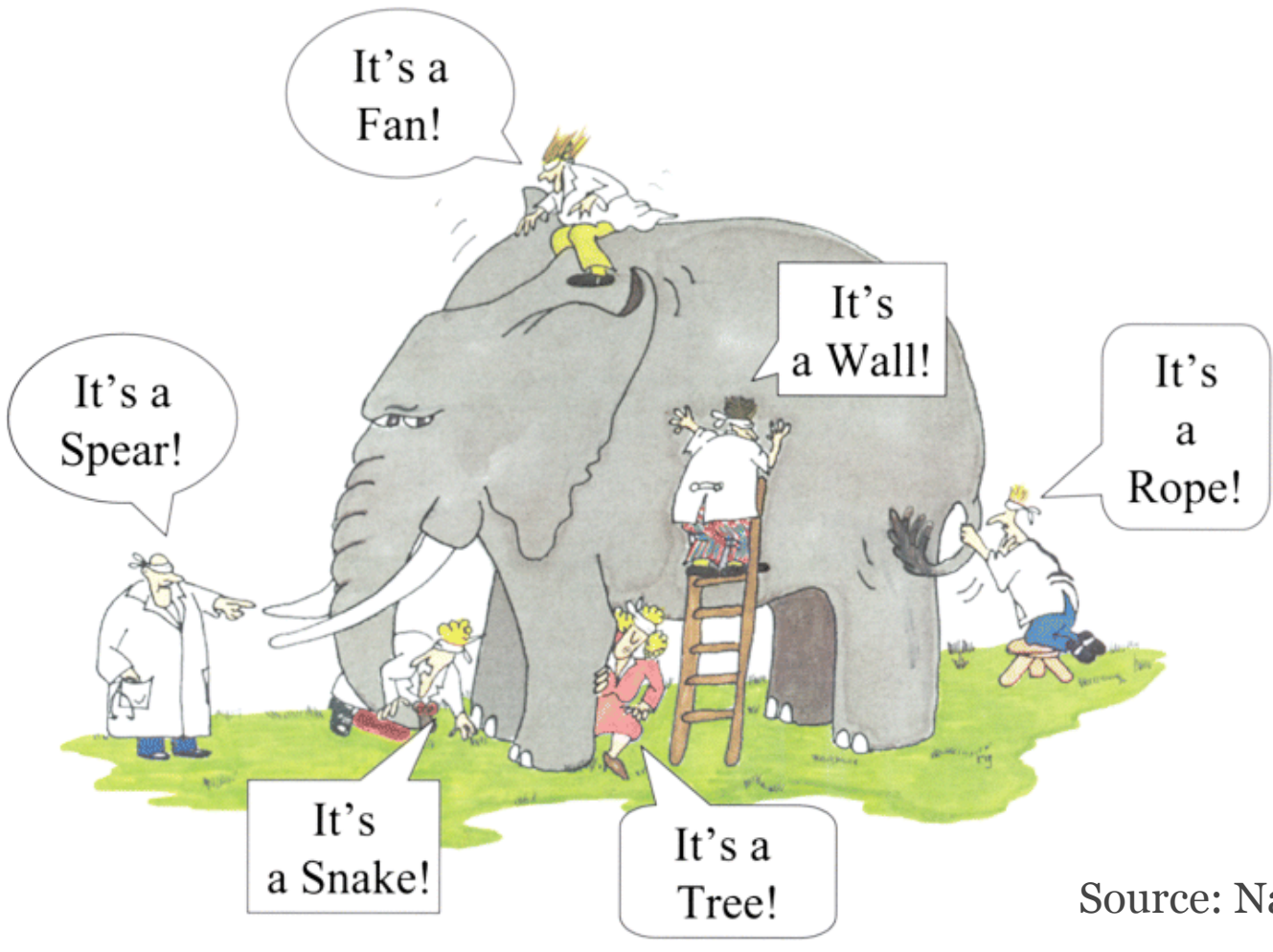
John Godfrey Saxe (1816-1887)

People of different religions got into a heated disagreement about what God looks like. They couldn't agree on a common answer, so they came to Lord Buddha and ask, "Lord Buddha, what does God look like?"

The Buddha asked his disciples to get a large, magnificent elephant and four blind men. Buddha then brought the four blind men to the elephant and asked them to describe the elephant's appearance.

The first blind man touched the elephant's leg and reported that it "looked" like a pillar. The second blind man touched the elephant's tummy and said that the elephant was a wall. The third blind man touched the elephant's ear and said that it was a piece of cloth. The fourth blind man held onto the tail and described the elephant as a piece of rope. Afterward, the blind men had a heated argument about the "appearance" of the elephant.

The Buddha said to the citizens, "Each blind man touched the elephant and gave a different description of the animal. Which answer is correct?"



Source: Nature.com

KNOWLEDGE

knowledge

observation, education, awareness, discernment, facts, statistics, schooling

1. The fact of knowing about something; general understanding or familiarity with a subject, place, situation, etc.

2. Awareness of a particular fact or situation; a state of having been informed or made aware of something.

What we don't know *will* hinder our progress and growth, thus the most effective way to oppress people is through miseducation. In this day and age, knowledge obtained through the mainstream media and formal education system is comprised of half truths. The corporations want us to think as consumers and the government wants us to think as servile citizens. Therefore, knowledge is presented as one-sided, partial; or omitted altogether.

If knowledge is power, then the corporations, religious institutions, and government want to limit our power by confining our knowledge or limiting access to it.

It is our personal responsibility to seek different avenues of knowledge to educate ourself— books, alternative media, independent websites, individual blogs, and foreign media are a few options.

No one is truly free unless their mind is free.

All men by nature desire knowledge.

Aristotle

Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation.

John F. Kennedy

When we're born into any dominant, entrenched system, we inevitably absorb the system's logic as our own. We learn to see the world through the eyes of the system.

Melanie Joy

Teach your tongue to say, "I do not know." And you will make progress.

Maimonides

To know and not to do is yet to know.

Zen Wisdom

The roots of education are bitter, but the fruit is sweet.

Aristotle

Children must be taught how to think, not what to think.

Margaret Mead

Our minds are information vacuums. Either we fill them with thoughts of our choosing or someone else will.

Ray Davis

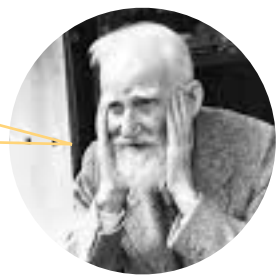
An investment in knowledge pays the best interest.

Benjamin Franklin

Think wrongly, if you please, but
in all cases think for yourself.

Doris Lessing

He knows nothing; and he thinks he knows every-
thing. That points clearly to a political career.



George Bernard Shaw

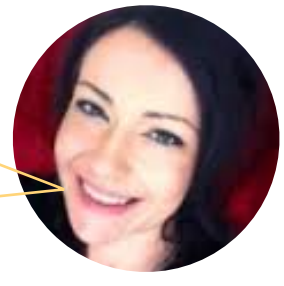
Knowledge is the first part of power. The sec-
ond part of power is to apply that knowledge.

Naturalopist

Instinct is something which transcends knowledge. We have, undoubtedly, certain finer fibbers that enable us to perceive truths when logical deduction, or any other willful effort of the brain, is futile.

Nikola Tesla

Knowledge without application is simply knowledge. Applying the knowledge to one's life is wisdom—and that is the ultimate virtue.



Kasi Kaye Iliopoulos

Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.

Albert Einstein

Miseducation is more dangerous than uneducation.

Trung Nguyen

Formal education will make you a living; self-education will make you a fortune.

Jim Rohn

He who knows others is wise; he who knows himself is enlightened.

Lao Tzu

The most necessary task of civilization is to teach people how to think. It should be the primary purpose of our public schools. The mind of a child is naturally active, it develops through exercise. Give a child plenty of exercise, for body and brain. The trouble with our way of educating is that it does not give elasticity to the mind. It casts the brain into a mold. It insists that the child must accept. It does not encourage original thought or reasoning, and it lays more stress on memory than observation.

Thomas Edison

If you’re thinking like everyone else, then you are not thinking.

Naturalopist

Intelligence without ambition is a bird without wings.

Salvador Dali

Knowledge is power only when it's applied.

Naturalopist

Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.

Lao Tzu

The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery.

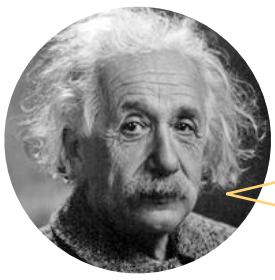
Anais Nin

Ideally, our moral guidelines and belief system should be formed from multiple sources to ensure objectivity and completeness.

Trung Nguyen

The moment you declare a set of ideas to be immune from criticism, satire, derision, or contempt, freedom of thought becomes impossible.

Salman Rushdie



As our circle of knowledge expands, so does the circumference of darkness surrounding it.

Albert Einstein

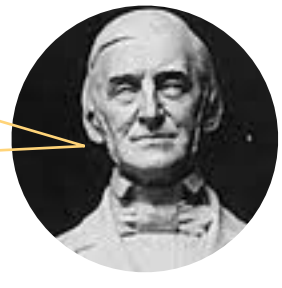
You must know all there is to know in your particular field and keep on the alert for new knowledge. The least difference in knowledge between you and another man may spell his success and your failure.

Henry Ford

You must unlearn what you have been programmed to believe since birth. That software no longer serves you if you want to live in a world where all things are possible.

Jacqueline E. Purcell

Good thoughts are no better than good dreams, unless they are executed.

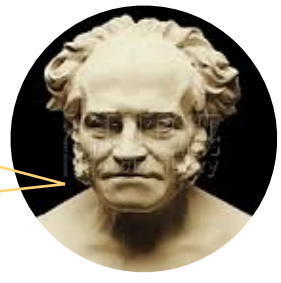


Ralph Waldo Emerson

As the blazing fire reduces wood to ashes, similarly, the fire of Self-knowledge reduces all Karma to ashes.

Bhagavad Gita

Everyone takes their own knowledge for the knowledge of the world.

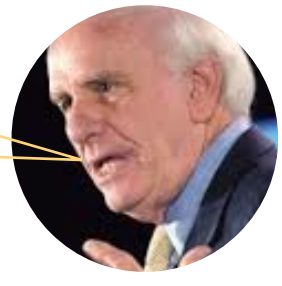


Arthur Schopenhauer

Objectivity is the mark of an intelligent mind, which is the ability to discern what is right, rather than who is right.

Trung Nguyen

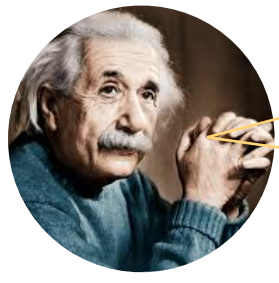
What you don't know will hurt you.



Jim Rohn

Much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on.

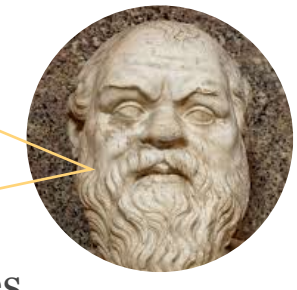
Steve Jobs



More the knowledge, lesser the Ego; lesser the knowledge, more the Ego.

Albert Einstein

I cannot teach anybody anything,
I can only make them think.



Socrates

Nature favours diversity to ensure the propagation of her creations. Humans would be wise to favour diversity when adopting knowledge.

Trung Nguyen

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

T.S. Eliot

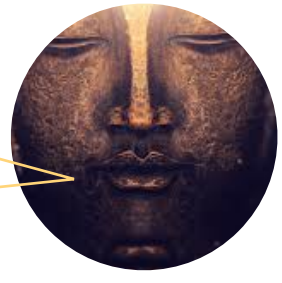
Absorb what is useful, discard what is not, add what is uniquely your own.

Bruce Lee

Nothing in life is to be feared. It is only to be understood.

Marie Curie

If you light a lamp for someone else, it will also brighten your path.



Buddha

The purpose of education is to replace an empty mind with an open one.

Malcolm Forbes

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

Henry Ford

QUESTION EVERYTHING

Do not believe in anything simply because you have heard it.

Do not believe in anything simply because it is spoken and rumored by many.

Do not believe in anything simply because it is found written in your religious books.

Do not believe in anything merely on the authority of your teachers and elders.

Do not believe in traditions because they have been handed down for many generations.

But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all,

then accept it and live up to it.

Buddha

TRUTH

truth

fact, actuality, exactness, certainty, rightness

1. True facts, genuine depiction or statements of reality.

2. That which is real, in a deeper sense; spiritual or “genuine” reality.

There is only one truth.

The truth can be suppressed, detracted, delayed, adulterated, and manipulated. But in the end, the truth always comes out. It is just a matter of time. This is what history has shown us.

The truth escapes many because they’re unable to or don’t want to reason and be impartial. And most detrimental of all, unable to accept the truth because it would force them to abandon what they’ve believed was false truth. Who wants to be told they’ve been lied to all their life? It is our false beliefs, ingrained in us through miseducation, that suppress the truth. In many of us, the unwillingness to accept the truth when it’s presented to us is what hinders our growth. Few want to accept that the media, corporations, and religious institutions have swindled them from cradle to grave.

The deduction of truth is encapsulated in these questions: Did the event occur? Is there scientific evidence to prove it? Can third parties verify it? Is it free from emotions and agendas? What we believe to be true is sometimes not the truth, because the truth as told by humans is clouded with emotions and agendas. The truth can be elusive. It is our responsibility to research it, or peel the onion layers as they say.

At the personal level, when we refuse to accept the truth about ourself and our past, it stunts or stops our growth. When we ascribe blame, who are we really faulting?

Three things cannot be long hidden:
the sun, the moon, and the truth.

Buddha

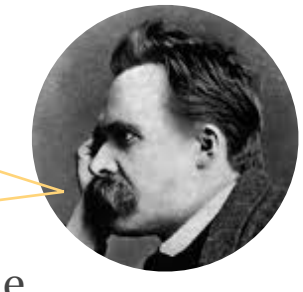
We don't see things as they are,
we see them as we are.

Anais Nin

If freedom of speech is taken away then dumb and
silent we may be led, like sheep to the slaughter.

George Washington

Sometimes people don’t want to hear the truth because
they don’t want their illusions destroyed.



Friedrich Nietzsche

If you’re not careful, the newspapers will have you hating the people who are being oppressed and loving the people who are doing he oppressing.

Malcolm X

In a room where people unanimously maintain a conspiracy of silence, one word of truth sounds like a pistol shot.

Czesław Miłosz

The worst form of inequality is to try to make unequal things equal.

Aristotle

One of the most important things you can do in life is brutally question everything you're taught.

Bryant McGill

The truth will set you free,
but first it will piss you off.

Gloria Steinem

To produce a primary cause which is potentially capable of having an effect, three things are necessary: intention, the actual action, and then satisfaction.

Chögyal Namkhai Norbu

All great truths begin as blasphemies.

George Bernard Shaw

Our actions are the manifestation of our thoughts. If the action is unintended, it is the manifestation of our subconscious thought; if the action is malicious, it is the manifestation of an untrained mind.

Trung Nguyen

Rather than love, than money, than fame, give me truth.

Henry David Thoreau

All truth passes through three stages:

First, it is ridiculed.
Second, it is violently opposed.
Third, it is accepted as self-evident.

Arthur Schopenhauer

Don’t believe everything you hear. There are three sides to every story: Yours, Theirs, and The Truth.

Motherly Advice

A lie gets halfway around the world before the truth has a chance to get its pants on.

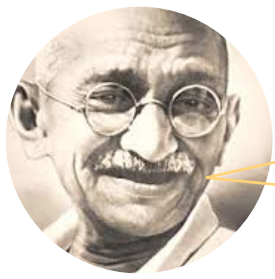
Winston Churchill

When you have eliminated the impossible, whatever remains, however improbable, must be the truth.

Arthur Conan Doyle

Enlightenment is the key to everything, and it is the key to intimacy, because it is the goal of true authenticity.

Marianne Williamson



Truth never damages a cause that is just.

Mahatma Ghandi

The only people who are mad at you for speaking the truth are those living a lie. Keep speaking the truth.

Naturalopist

There is no god higher than truth.

Mahatma Gandhi

People do not like to think. If one thinks, one must reach conclusions. Conclusions are not always pleasant.

Helen Keller

Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief.

Frantz Fanon

The best idea has to win, regardless of who or where it originated.

Trung Nguyen

The path of truth is the path of peace.

Buddha

Science, my lad, is made of mistakes, but they are mistakes which are useful to make, because they lead little by little to the truth.

Jules Verne

A teacher is never a giver of truth, he is a guide, a pointer to the truth that each student must find for themself.

Bruce Lee

Many people, especially ignorant people, want to punish you for speaking the truth, for being correct, for being you. Never apologize for being correct, or for being years ahead of your time. If you're right and you know it, speak your mind. Even if you are a minority of one, the truth is still the truth.

Mahatma Gandhi

THE MEDIA IS PROPAGANDA

Edward George Ruddy died today! Edward George Ruddy was the Chairman of the Board of the Union Broadcasting Systems and he died at eleven o'clock this morning of a heart condition! And woe is us! We're in a lot of trouble!

So, a rich little man with white hair died. What does that got to do with the price of rice, right? And why is that woe to us?

Because you people and 62 million other Americans are listening to me right now.
Because less than 3 percent of you people read books.
Because less than 15 percent of you read newspapers.
Because the only truth you know is what you get over this tube.

Right now, there is a whole, an entire generation that never knew anything that didn't come out of this tube.

This tube is the gospel, the ultimate revelation.
This tube can make or break presidents, popes, prime ministers.
This tube is the most awesome goddamn force in the whole godless world.

And woe is us if it ever falls into the hands of the wrong people.
And that's why woe is us that Edward George Ruddy died.

Because this company is now in the hands of CCA—the Communication Corporation of America. There's a new Chairman of the Board, a man called Frank Hackett, sitting in Mr. Ruddy's office on the 20th floor. And when the 12th largest company in the world controls the most awesome goddamn propaganda force in the whole godless world, who knows what shit will be peddled for truth on this network.

So, you listen to me. Listen to me! Television is not the truth. Television's a goddamn amusement park. Television is a circus, a carnival, a traveling troupe of acrobats, storytellers, dancers, singers, jugglers, sideshow freaks, lion tamers, and football players.

We're in the boredom-killing business.

So if you want the Truth, go to your gurus. Go to yourselves!
Because that's the only place you're ever gonna find any real truth.

But, man, you're never gonna get any truth from us. We'll tell you anything you wanna hear. We lie like hell. We'll tell you that Kojak always gets the killer and that nobody ever gets cancer at Archie Bunker's house. And no matter how much trouble the hero is in, don't worry. Just look at your watch. At the end of the hour, he's gonna win. We'll tell you any shit you want to hear.

We deal in illusions, man. None of it is true! But you people sit there, day after day, night after night—all ages, colors, creeds. We're all you know!

You're beginning to believe the illusions we're spinning here!

You're beginning to think that the tube is reality and that your own lives are unreal.

You do whatever the tube tells you—
You dress like the tube. You eat like the tube. You raise your children like the tube. You even think like the tube.

This is mass madness, you maniacs! You people are the real thing.
We are the illusion!

So turn off your television sets. Turn them off now! Turn them off right now! Turn them off and leave them off. Turn them off right in the middle of this sentence I'm speaking to you now.

Turn them off!

Howard Beale
Network Movie, 1976

PRECEPT 15

SUCCESS

success

accomplishment, victory, fortune, fame, reward, eminence, progress, fruition

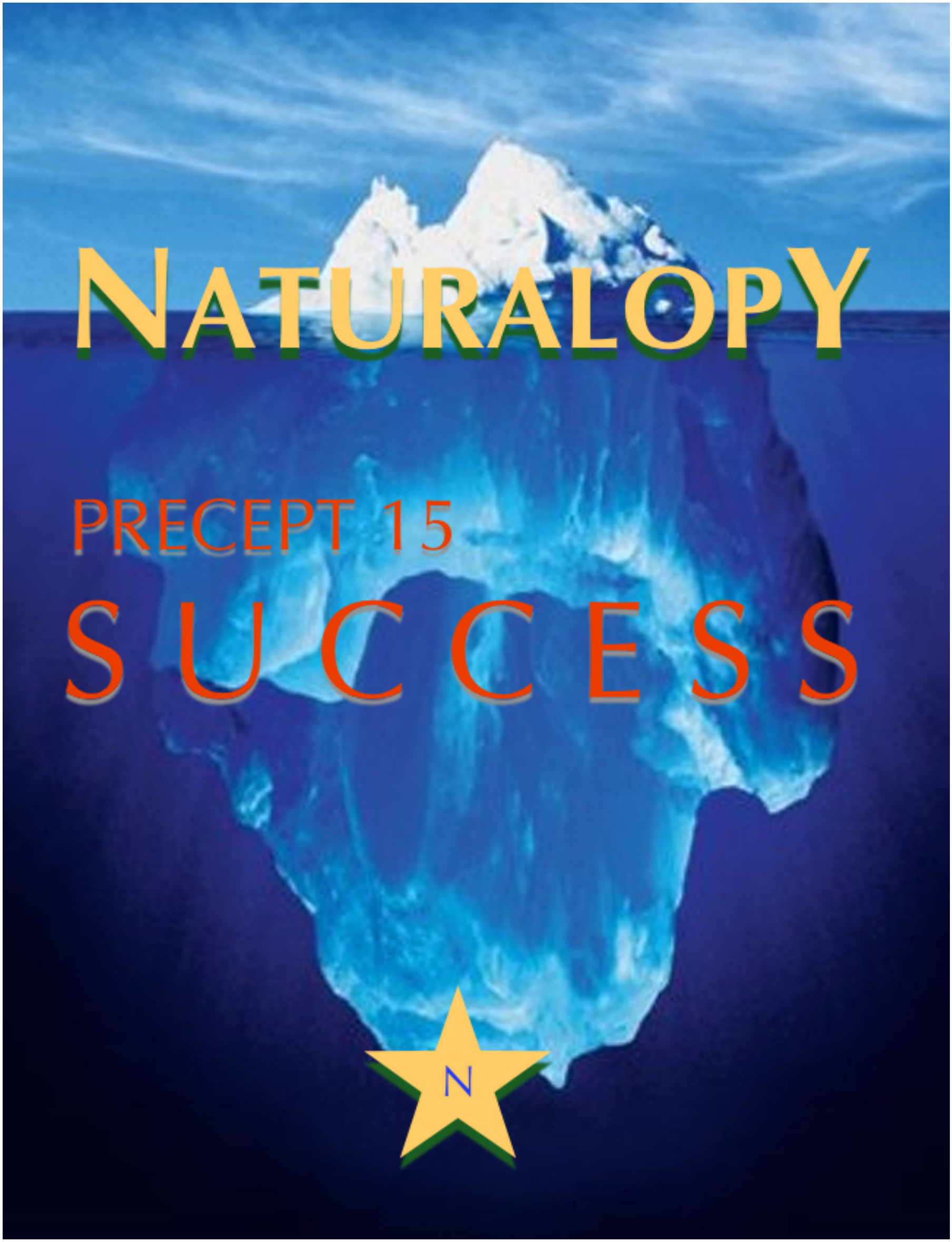
1. The achievement of one's aim or goal.

2. The fact of getting or achieving wealth, respect, or fame.

Ask 10 people the definition of success and expect different answers. Although success is frequently associated with financial wealth, money is only a small part of success. The definition of success is probably best said by Maya Angelou, “Success is liking yourself, liking what you do, and liking how you do it.” Therefore, success can be likened to having peace of mind—to live a life of our own choosing.

There are many elements to success and they apply equally to every person, regardless of background, education, or parentage. For example, creativity, diligence, perseverance, and patience are four common elements that each person must possess before they can achieve success.

Success doesn’t come to us; we have to come to it, and even chase it. It doesn’t stay with us either, we have to hold onto it.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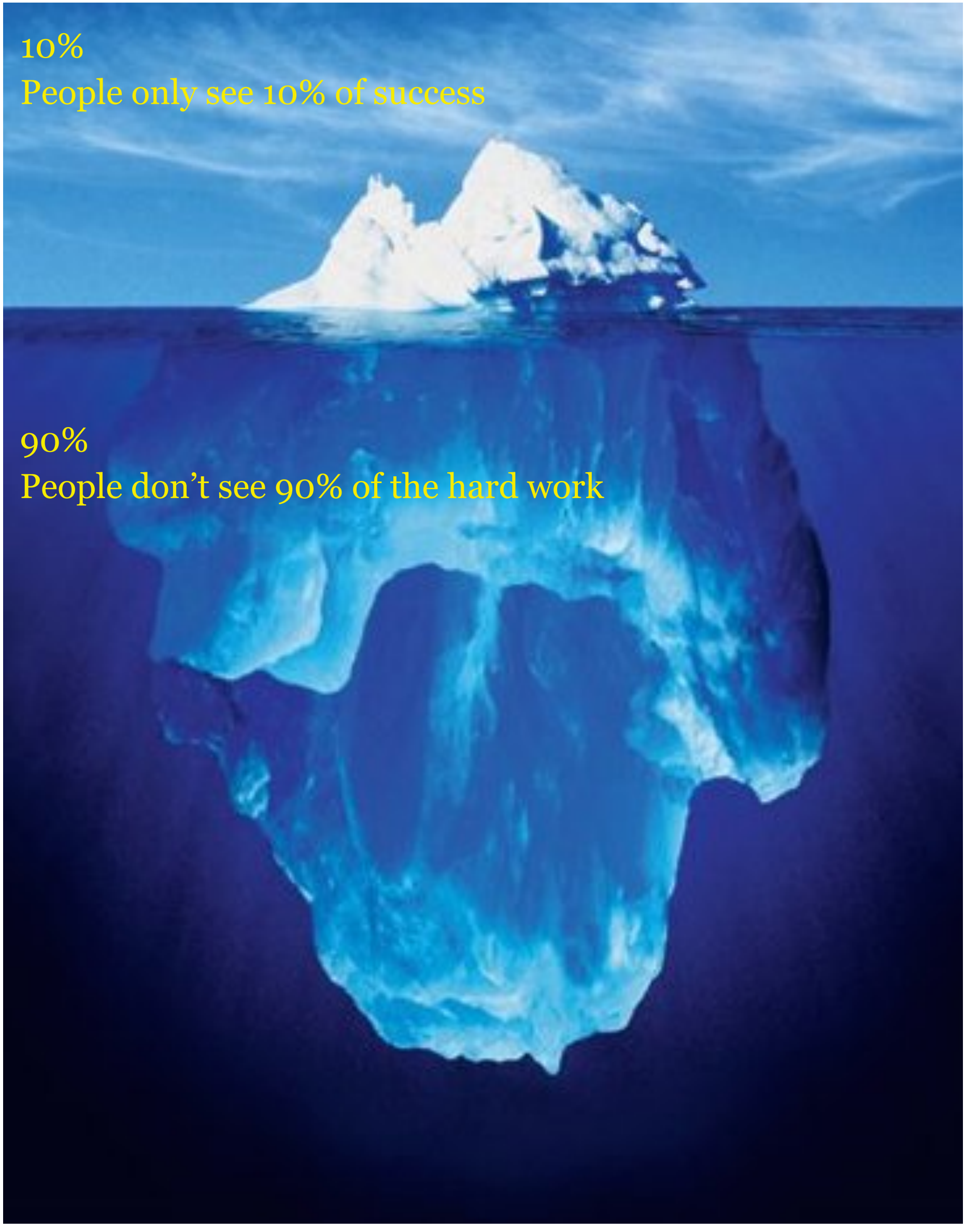

10%
People only see 10% of success
90%
People don’t see 90% of the hard work

Whatever the mind of man can conceive and believe, it can achieve.

Napoleon Hill

There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

Colin Powell

Work for a cause, not applause. The secret to success regardless of your passion is no secret. Just work hard and add value to people's lives.

Naturalopist

Success consists of going from failure to failure without loss of enthusiasm.

Winston Churchill

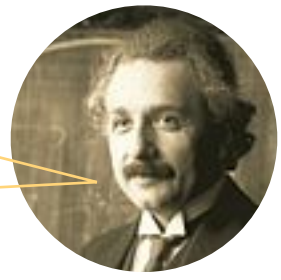
One difference between successful people and all the rest is that successful people take action.

Bob Proctor

Work hard in silence. Let your success be the noise.

Ritu Ghatourey

Try not to become a person of success but rather try to become a person of value.



Albert Einstein

People admire success but not its methods.

Naturalopist

Successful people DECIDE how they are going to live; they are not victims of circumstances. In good times and bad, they know where they are going and they know that they are going to get there!

Bob Proctor

It's a sad day when you find out that it's not accident or time or fortune, but just yourself that kept things from you.

Lillian Hellman

Many of life's failures are people who did not realize how close they were to success when they gave up.

Thomas Edison

The secret to getting ahead is getting started.

Mark Twain

There is only one success—to be able to spend your life in your own way.

Christopher Morley

Some day people will ask me what is the key to my success and I will simply say, “Good Karma.”

K. Crumley

All government—indeed, every human benefit and enjoyment, every virtue and every prudent act—is founded on compromise and barter.

Edmund Burke

Lead, follow, or get out of the way.

Thomas Paine

The Chinese use two brush strokes to write the word “crisis.” One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger—but recognize the opportunity.

John F. Kennedy

Choose a job you love and you'll never have to work a day in your life.

Confucius

To be successful, the first thing to do is fall in love with your work.

Mary Lauretta

I don’t know the key to success, but the key to failure is trying to please everybody.

Jim Rohn

I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.

Leonardo da Vinci

Do you want to play it safe and be good or take a chance and be great?

Naturalopist

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Matthew 7:7

Don’t wait for your break. Make your break. Make it happen for yourself.

Charlie Day

What is success? It is being able to go to bed each night with your soul at peace.

Paulo Coelho

I attribute my success to this: I never gave or took any excuse.

Florence Nightingale

Success is not to be pursued; it is to be attracted by the person we become.

Jim Rohn

Aristotle

First, have a definite, clear practical ideal; a goal, an objective.

Second, have the necessary means to achieve your ends; wisdom, money, materials, and methods.

Third, adjust all your means to that end.

You can do anything you set your mind to.

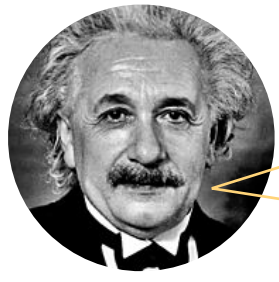
Benjamin Franklin

Successful people are willing to do what unsuccessful people aren't.

Naturalopist

The next time you feel slightly uncomfortable with the pressure in your life, remember no pressure, no diamonds. Pressure is a part of success.

Eric Thomas



If A is success in life, then A = x + y + z.

x = work,
y = play,
z = keep your mouth shut.

Albert Einstein

It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things.

Leonardo Da Vinci

I got where I am by collecting friends, not enemies.

Jodie Foster, *Inside Man*

A big part of success is just to show up where you're supposed to be and do what you're supposed to do.

Naturalopist

Focus on what you want. You move in the direction of your most dominant thought.

Trung Nguyen

I know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen.

Frank Lloyd Wright

Thomas Edison

The first requisite for success is to develop the ability to focus and apply your mental and physical energies to the problem at hand without growing weary. Because such thinking is often difficult, there seems to be no limit to which some people will go to avoid the effort and labor that is associated with it.

There are people who make things happen, there are people who watch things happen, and there are people who wonder what happened. To be successful, you need to be a person who makes things happen.

Jim Lovell

Three Simple Rules in Life

Rule 1: Go after what you want. If you do not go after what you want, you'll never have it.

Rule 2: Ask for it. If you do not ask, the answer will always be no.

Rule 3: Take risks. If you do not step forward, you will always be in the same place.

If someone tells you, “It’s impossible!”

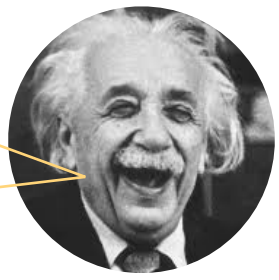
Say to them, “You’re confused! You just don’t know how to do it.”

Bruce Bueno de Mesquita

If you don’t take risks, you will always work for someone who does.

Annetta Powell

I have no special talents. I am only passionately curious.



Albert Einstein

An expert is a person who has made all the mistakes that can be made in a very narrow field.

Niels Bohr

The most successful people are those who serve the greatest number of people.

Napoleon Hill

The first step, before anybody else in the world believes it, you have to believe it.

Will Smith

A business absolutely devoted to service will have only one worry about profits. They will be embarrassingly large.

Henry Ford

Successful people always have two things on their lips: silence and a smile.

Naturalopist

Knowing what you want is the first step toward getting it.

Mae West

Do you live your life for your parents, partner, teachers, friends, society, culture? Or are you living an authentic and alive life that is true to you?

Tania Marie

If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.

Anna Quindlen

Your only limitations are those you create.

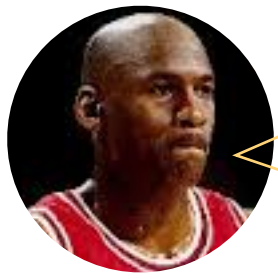
Napoleon Hill

Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals.

Jim Rohn

To do more for the world does for you—that is success.

Henry Ford



To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don't isolate.

Michael Jordan

Being successful doesn't automatically make you happier. But being happier, being more positive, makes you more successful.

Shawn Achor

Energy and persistence conquer all things.

Benjamin Franklin

Everyone has talent. What's rare is the courage to follow it to the dark places where it leads.

Erica Jong

To be successful, you must dedicate yourself 100% to your training, diet, and mental approach.

Arnold Schwarzenegger

Never hate jealous people; they are only jealous because they think you are better than them.

Paulo Coelho

BE A DOER
Theodore Roosevelt

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena; whose face is marred by the dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions and spends himself in a worthy course; who at the best, knows in the end the triumph of high achievement, and who, at worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither victory or defeat.

THE STEPS TO SUCCESS

Just keep trying. Try to determine what is working.
Try to determine what is not working. Try to find someone who's done it.
Try and ask for help. Try it again tomorrow.
Try it a little differently. Try once more.
Try again.
Try...

THE DEFINITION OF SUCCESS
Ralph Waldo Emerson

To laugh often and much;
to win the respect of intelligent people and affection of children;
to learn the appreciation of honest critics and endure the betrayal of false friends;
to appreciate beauty;
to find the best in others;
to leave the world a little bit better, whether by a healthy child, a garden patch, or a redeemed social condition;
to know even one life has breathed easier because you have lived.

This is to have succeeded.

FAILURE

failure

lesson, flop, mistake, defeat, lesson, wreck, misstep

1. State or condition of not meeting a desirable or intended objective, opposite of success.

2. An object, person or endeavour in a state of failure.

Success is life telling us what works. Failure is life telling us what doesn't work. So from failure we learn what to do and what not to do, as a stepping stone to success. Therefore, failure is a natural part of the success process.

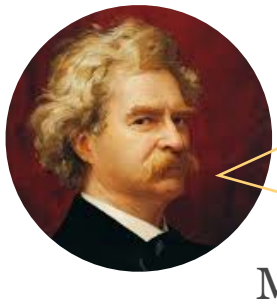
Michael Jordan: missed more than 9,000 shots in his career

Babe Ruth: had 1,330 strikeouts in his career

Thomas Edison: failed about 1,000 (reportedly 10,000) times before inventing the light bulb

Whether failure is permanent or temporary is up to us.

Remember, failure is life telling us what works and what doesn't work. It's telling us to take a different approach, use a another method, devise a new plan, and try again.



Good decisions come from experience. Experience comes from making bad decisions.

Mark Twain

Remember the two benefits of failure. First, if you do fail, you learn what doesn't work; and second, the failure gives you the opportunity to try a new approach.

Roger Von Oech

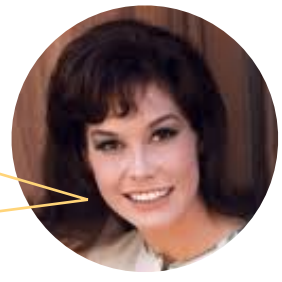
Achievement seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit.

Conrad Hilton

Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave.



Mary Tyler Moore

Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness.

Oprah Winfrey

Why do we fall, Master Wayne? So we can learn to pick ourselves up.

Alfred, *Batman*

We all have a few failures under our belt. It's what makes us ready for the successes.

Randy K. Milholland

When you lose, don’t lose the lesson.

Dalai Lama XIV

Indecisions and delays are the parents of failure.

George Canning

Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, forming new wishes and seeing them gratified.

Samuel Johnson

So many roads. So many detours. So many choices. So many mistakes.

Sarah Jessica Parker

Failures are temporary situations that teach us necessary lessons. Life's best lessons are usually learned at the worst times and from the worst mistakes. So yes, you will fail sometimes. The faster you accept this, the faster you can get on with being brilliant.

Marc Chernoff

I didn't fail the test. I just found 100 ways to do it wrong.

Benjamin Franklin

You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself.

Sam Levenson

The time to repair the roof is when the sun is shining.

John F. Kennedy

No regrets, just lessons learned. And when it comes down to it, you gotta do what you gotta do.

Naturalopist

Every strike brings me closer to the next home run.

Babe Ruth

Straight roads do not make skillful drivers.

Paulo Coelho

Negative results are just what I want. They're just as valuable to me as positive results. I can never find the thing that does the job best until I find the ones that don't.

Thomas Edison

A failure is a man who has blundered but is not able to cash in on the experience.

Elbert Hubbard

I have not failed. I've just found 10,000 ways that won't work.

Thomas Edison

We must be open to our mistakes and grow. Growth isn't based on being perfect, but moving toward the best we can be by being honest.

Tsem Tulku

A stallion must first be broken before it can reach its potential.

Mr. Spock, *Star Trek*

If you call your troubles experiences, and remember that every experience develops some latent force within you, you will grow vigorous and happy, however adverse your circumstances may be.

John R. Miller

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.

William Ellery

You can never make the same mistake twice because the second time is not a mistake, it’s a choice.

Steven Denn

Success is a lousy teacher. It seduces smart people into thinking they can't lose.

Bill Gates

If I had my life to live over I'd dare to make more mistakes next time.

Nadine Stair

The greatest barrier to success is the fear of failure.

Sven Goran Eriksson

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.

Napoleon Hill

The only failure is the person who didn't try.

Naturalopist

If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake.

Frank Wilcze

Better be wise by the misfortunes of oth-ers than by your own.

Aesop

Success does not consist in never making mistakes but in never making the same one a second time.

George Bernard

Only those who dare to fail greatly can ever achieve greatly.

Robert F. Kennedy

Anyone who has never made a mistake has never tried anything new.

Albert Einstein

There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

Buddha

I have failed many times, and that's why I am a success.

Michael Jordan

You always pass failure on the way to success.

Mickey Rooney

Sometimes you fall down because there is something down there that you are supposed to find and learn from before moving on.

Naturalopist

As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.

Steve Maraboli

Most great people attained their great success just one step beyond their greatest failure.

Napoleon Hill

Who has never tasted bitter does not know what is sweet.

German Proverb

In order to succeed you must fail, so that you know what not to do next time.

Anthony J. D’Angelo

One of the basic rules of the universe is that nothing is perfect. Perfection simply doesn't exist. Without imperfection, neither you nor I would exist.

Stephen Hawking

If you have made mistakes there is always another chance for you you may have a fresh start any moment you choose, for this thing we call “Failure” is not the falling down but the staying down.

Mary Pickford

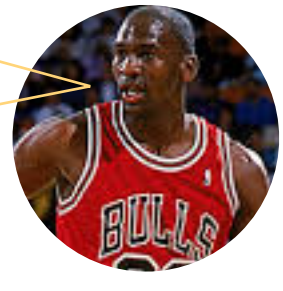
But still try, for who knows what is possible...

Michael Faraday

The reason most goals are not achieved is that we spend our time doing second things first.

Robert J. McKain

I can accept failure, everyone fails at something. But I can't accept not trying.



Michael Jordan

Life Is Like a Camera

Focus on what's important.
Capture the good times.
Develop from the negatives.
And if things don't work out,
Take another shot.

Naturalopist

There's never a time when you succeed without failing first.

Jessica Simpson

REJECTION AND FAILURE ARE A PART OF THE SUCCESS PROCESS

JK Rowling. Rejected by dozens, including HarperCollins, when a small publisher in London took a chance on *Harry Potter*.

Oprah Winfrey. Fired as an evening news reporter of Baltimore's WJZ-TV because she couldn't separate her emotions from her stories.

George Orwell. A publisher turned down his legendary novel, *Animal Farm*, with the words "It is impossible to sell animal stories in the USA".

Jerry Seinfeld. Didn't find out he was cut from a minor role on a sitcom until he read the script and discovered his part missing.

Elvis Presley. After a performance in Nashville early in his career, he was told by a manager that he was better off driving trucks in Memphis (his previous job).

Steve Jobs. Fired from the company he started, Apple, but was desperately brought back in 1997 to save it. Apple is now the most valuable company in the world.

Stephen King. His first book, *Carrie*, was rejected thirty times. He nearly threw the book out when his wife saved it from the trash and encouraged him to keep trying.

Marilyn Monroe. At the start of her storied modeling and acting career, she was told she should consider becoming a secretary.

Abraham Lincoln. Demoted from Captain to Private during the Civil War, failed as a businessman, and lost several times as a political candidate before becoming President.

10 Painful Rejection Letters To Famous People Proving You Should NEVER Give Up on Your Dreams
Averi Clements

http://news.distractify.com/people/famous-people-rejection-letters/

CREATIVITY

creativity

imagination, ingenuity, originality, genius, inventiveness, vision, cleverness

1. The quality or ability to create or invent something.

There is nothing new under the Sun. We string new ideas together from existing ideas. And some of the most original ideas and designs are inspired by Nature.

To be a creative genius requires a good command of language, art, and design. And of course the rhinoceros skin to be mocked at incessantly by those without creativity.

The next time something fantastically “new” is discovered or invented, research to uncover its origin. There is nothing new under the Sun, just variations of Nature and prior art.

Creativity is just connecting things.

Steve Jobs

Genius is 1% inspiration and 99% perspiration.

Thomas Edison

Invention is not enough. Nikola Tesla invented the electric power we use, but he struggled to get it out to people. You have to combine both things: invention and innovation focus, plus the company that can commercialize things and get them to people.

Larry Page

The empires of the future are the empires of the mind.

Winston Churchill

I find out what the world needs. Then I go ahead and try to invent it.

Thomas Edison

You can’t use up creativity. The more you use, the more you have.

Maya Angelou

Innovation never comes from the established institutions. It is always a graduate student or a crazy person or somebody with a great vision.

Eric Schmidt

Nearly every person who develops an idea works at it up to the point where it looks impossible, and then gets discouraged. That's not the place to become discouraged.

Thomas Edison

Curiosity about life and all of its aspects, I think, is still the secret of great creative people.

Leo Burnett

There is a lot of evidence to suggest that creative genius requires a certain amount of psychopathy: a little erratic behaviour, a little bit of extra boldness in thinking just to go several steps further. And if it's channeled into a high IQ channel, then you get genius.

J. Phillipe Rushton

To do much clear thinking a person must arrange for regular periods of solitude when they can concentrate and indulge the imagination without distraction.

Thomas Edison

The adage “There is nothing new under the Sun” is true. Everything has prior art. Nature invents things and we discover, assemble, and write about and patent them.

Trung Nguyen

As we see it, embracing people's individuality is a matter of basic human dignity and civil rights. It also turns out to be great for the creativity that drives our business. We've found that when people feel valued for who they are, they have the comfort and confidence to do the best work of their lives.

Tim Cook

If you hear a voice within you say, "You cannot paint." Then by all means paint, and that voice will be silenced.

Vincent Van Gogh

Uncertainty is the fertile ground of pure creativity and freedom.

Deepak Chopra

A discovery is said to be an accident meeting a prepared mind.

A. von Szent-Gyorgyi

There are no rules here—we're trying to accomplish something.

Thomas Edison

Without deviation from the norm, progress is not possible.

Frank Zappa

Every child is an artist. The problem is how to remain an artist once he grows up.

Pablo Picasso

The more original a discovery, the more obvious it seems afterwards.

Arthur Koestler

You can’t wait for inspiration, you have to go after it with a club.

Jack London

Bureaucracy destroys initiative. There is little that bureaucrats hate more than innovation, especially innovation that produces better results than the old routines. Improvements always make those at the top of the heap look inept. Who enjoys appearing inept?

Frank Herbert

The creative adult is the child who has survived.

Ursula K. Le Guin

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.

George Bernard Shaw

Creativity is more than just being different. Anybody can plan weird; that's easy. What's hard is to be as simple as Bach. Making the simple, awesomely simple, that's creativity.

Charles Mingus

Originality is nothing but judicious imitation.

Voltaire

The truth of a thing is in the feel of it, not the think of it.

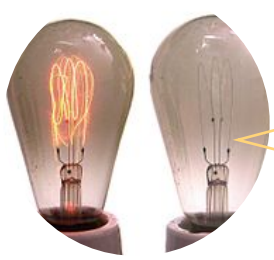
Stanley Kubrick

Is it so bad, then, to be misunderstood? Pythagoras was misunderstood, and Socrates, and Copernicus, and Galileo, and Newton, and every pure and wise spirit that ever took flesh. To be great is to be misunderstood.

Ralph Waldo Emerson

If I have seen farther than most, it is by standing on the shoulders of giants.

Isaac Newton



A new idea is delicate. It can be killed by a sneer or a yawn; it can be stabbed to death by a quip and worried to death by a frown on the right man's brow.

Charles Bower

To invent, you need a good imagination and a pile of junk.

Thomas Edison

Test.
Iterate.
Change.
Evolve.

Your first idea is just a starting point.

Naturalopist

The way to get good ideas is to get lots of ideas and throw the bad ones away.

Linus Pauling

Creativity comes from a conflict of ideas.

Donatella Versace

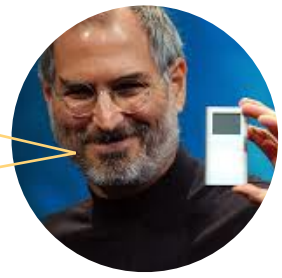
Minds are like parachutes—they only function when open.

Thomas Dewar

Innovation is the specific instrument of entrepreneurship—the act that endows resources with a new capacity to create wealth.

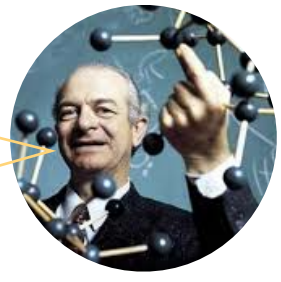
Peter F. Drucker

I know you have a thousand ideas for all the cool features iTunes could have. So do we. But we don't want a thousand features. That would be ugly. Innovation is not about saying yes to everything. It's about saying NO to all but the most crucial features.



Steve Jobs

Satisfaction of one's curiosity is one of the greatest sources of happiness in life.



Linus Pauling

Creativity is knowing how to hide your sources.

Albert Einstein

The chief enemy of creativity is good sense.

Pablo Picasso

Around here we don't look backwards for very long. We keep moving forward, opening up new doors and doing new things, because we're curious, and curiosity keeps leading us down new paths.

Walt Disney Company

I am not discouraged, because every wrong attempt discarded is another step forward.

Thomas Edison

When love and skill work together, expect a masterpiece.

John Ruskin

There are people who live in a dream world, and there are people who face reality; and then there are those who turn one into the other.

Douglas Everett

Our wretched species is so made that those who walk on the well-trodden path always throw stones at those who are showing a new road.

Voltaire

A creative man is motivated by the desire to achieve, not by the desire to beat others.

Ayn Rand

We're quite disruptive, and in the course of that disruption we tend to create enemies, which are hopefully not intended on our part.

Eric Schmidt

Throughout history, people with new ideas—who think differently and try to change things—have always been called troublemakers.

Richelle Mead

Dreamers are mocked as impractical. The truth is they are the most practical, as their innovations lead to progress and a better way of life for all of us.

Robin S. Sharma

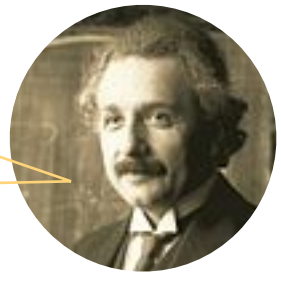
Imagination is not only the uniquely human capacity to envision that which is not, and, therefore, the foundation of all invention and innovation. In its arguably most transformative and revelatory capacity, it is the power that enables us to empathize with humans whose experiences we have never shared.

J.K. Rowling

Geniuses are like thunderstorms. They go against the wind, terrify people, cleanse the air.

Kierkegaard

I never made one of my discoveries through the process of rational thinking.



Albert Einstein

To develop a complete mind:
Study the science of art
Study the art of science
Learn how to see

Realize that everything connects to everything else

Leonardo da Vinci

You have to look at the way conventional wisdom works and abandon it.

Don Valentine

Great things don’t come out of the status quo. They come out of the people with vision and drive to prove the difference.

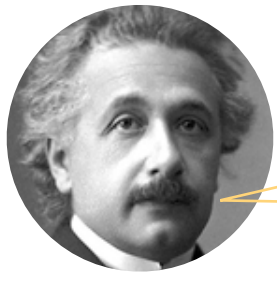
Jimmy Treybig

Leo Burnett

Curiosity about life in all of its aspects, I think, is still the secret of great creative people.

I invented nothing new. I simply assembled the discoveries of other men behind whom were centuries of work. Progress happens when all the factors that make for it are ready and then it is inevitable.

Henry Ford



Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

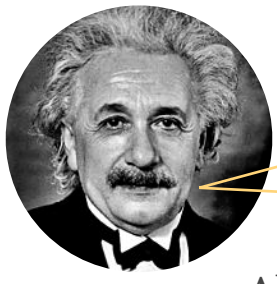
Albert Einstein

Take young researchers, put them together in virtual seclusion, give them an unprecedented degree of freedom and turn up the pressure by fostering competitiveness.

James D. Watson

I do not think you can name many great inventions that have been made by married men.

Nikola Tesla



Creativity is intelligence having fun.

Albert Einstein

Instinct is something that transcends knowledge.

Nikola Tesla

Reading comprehension, writing, photography, videography, and some computer programming knowledge are essential skills for creativity in the digital age, for they allow us to absorb and express ideas in different mediums.

Trung Nguyen

Creativity and innovation are things you cannot flowchart out.

Tim Cook

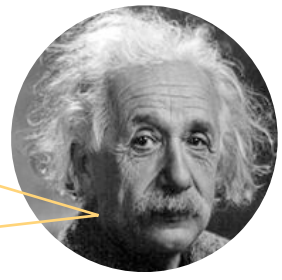
There’s a better way to do it—find it.

Thomas Edison

Constantly think about how you would be doing things better and questioning yourself.

Elon Musk

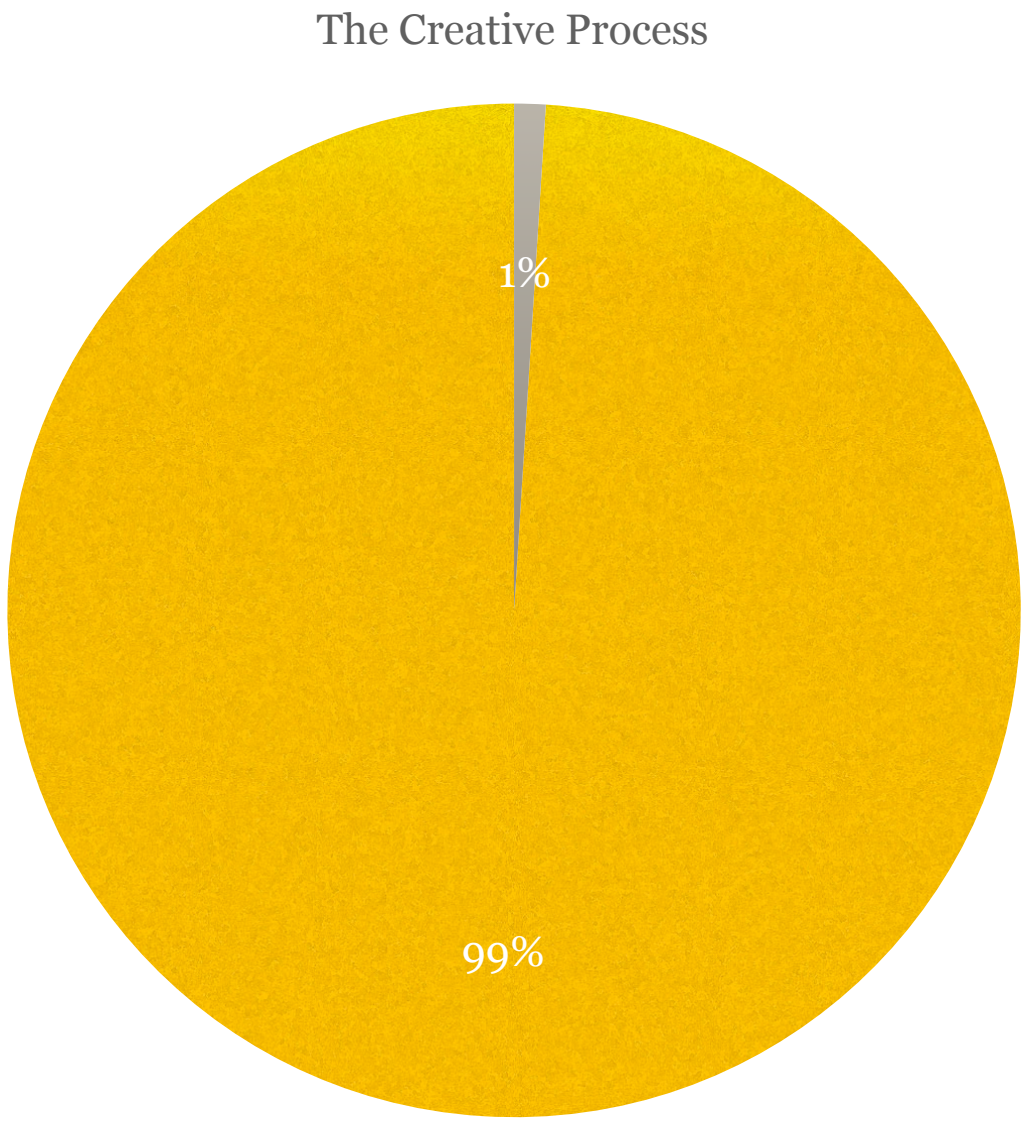
The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.



Albert Einstein

The five essential entrepreneurial skills for success are concentration, discrimination, organization, innovation, and communication.

Michael Faraday



Thomas Edison

Genius is 1% inspiration and 99% perspiration.

RISK

risk

venture, exposure, opportunity, uncertainty

1. A possible, usually negative, outcome, e.g., a danger.

2. The potential (conventionally negative) effect of an event, determined by combining the likelihood of the event occurring with the effect should it occur.

If we don’t take risks, we will never succeed. Nothing ventured, nothing gained, as the adage implies.

Obviously, there are unplanned, foolish risks; and planned, calculated risks. We want to take the calculated risks.

If we want to succeed, take risks. If we fail, learn from those risks. Learn what doesn’t work, what works, and move on to the next calculated risk. Every risk we take moves us closer to our dream.

We never know until we do. And to do is to risk, but we must take the risk to know…

A ship in port is safe, but that's not what ships are built for.

Rear Admiral Grace Hopper

We’re moving forward and mistakes are being made. That’s okay because at least decisions are being made.

Steve Jobs

The guy who takes a chance, who walks the line between the known and unknown, who is unafraid of failure, will succeed.

Gordon Parks

Behold the turtle. He makes progress only when he sticks his neck out.

James Bryant Conant

Do something everyday outside of your comfort zone, because that's where the magic happens.

Life: No risk, no gain.

Naturalopist

You may be disappointed if you fail, but you are doomed if you don't try.

Beverly Sills

Most men lead lives of quiet desperation and go to the grave with the song still in them.

Henry David Thoreau

Even if you fall on your face,
you're still moving forward.

Victor Kiam

You miss 100% of the shots you don't take.

Wayne Gretzky

I've missed more than 9,000 shots in my career. I've lost almost 300 games; 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

The cave you fear to enter holds the treasure you seek.

Joseph Campbell

Everything you want is outside your comfort zone.

Robert Allen

You can’t fall if you don’t climb. But there’s no joy in living your whole life on the ground.

Naturalopist

If someone offers you an amazing opportunity and you’re not sure you can do it, say yes. Then learn how to do it later.

Richard Branson

Opportunity is missed by most people because it is dressed in overalls and looks like work.

Thomas Edison

For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn't understand growth, it would like like a complete destruction.

Cynthia Occelli

Even if you are on the right track, you'll get run over if you just sit there.

Will Rogers

Your biggest problem is you're trying to please everyone all the time. You're trying not to say anything that anyone objects to. You don't make change in the world; you don't have impact in the world unless you're willing to say things that not everyone will like.

Mark Zuckerberg

A man would do nothing if he waited until he could do it so well that no one could find fault.

John Henry Newman

Too many men are afraid of being fools.

Henry Ford

Don’t wait. The time will never be just right.

Napoleon Hill

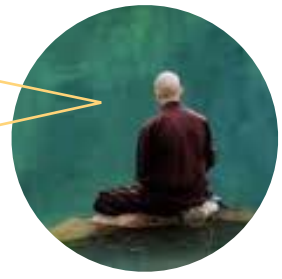
And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

Anais Nin

Unless you try to do something beyond what you have already mastered, you will never grow.

Ralph Waldo Emerson

Leap and the net will appear.

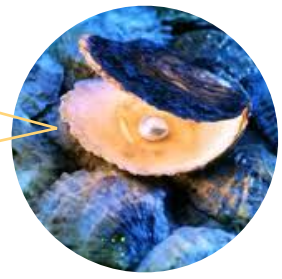


Zen Philosophy

I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of "Wow, I'm not really sure I can do this," and you push through those moments, that's when you have a breakthrough.

Marissa Mayer

Pearls aren't found on the seashore. If you want some, you must dive for them.



Chinese Proverb

When entrepreneurs see problems we also see opportunities. It's like we have dual vision, we see both the problem and a solution. The more you develop your dual vision, the more successful you'll be in your business.

Sue Painter

TAKE RISKS

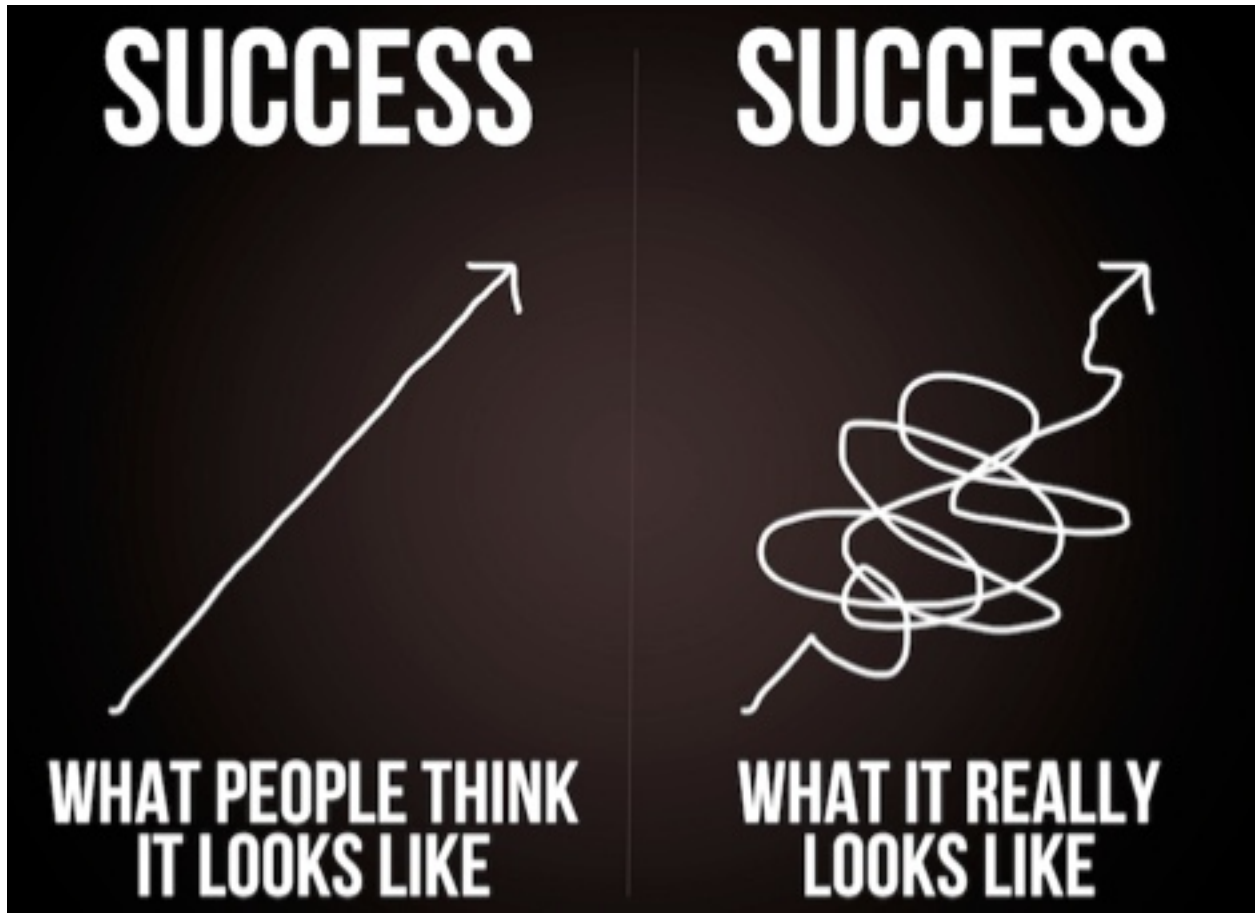
Play the game of life like the game of chess: plan several moves ahead.

Success is like a bow and arrow. We need to pull back in order to launch forward—failure teaches us the lessons we need to spring forward.

When there's a disconnect between what you know and what you do, you lack courage.

If you don't take risks, there is a 100% chance you will fail.

Remember life's truism: No risk, no gain.



SACRIFICE

sacrifice

endure, suffer, spare

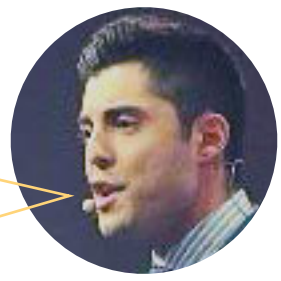
1. To give away (something valuable) to get at least a possibility to gain some thing else of value (such as self-respect, trust, love, freedom, prosperity), or to avoid an even greater loss.

2. Destruction or surrender of anything for the sake of something else; devotion of some desirable object in behalf of a higher object, or to a claim deemed more pressing.

Time away from friends, family, and hobbies are some of the sacrifices required to pursue success. In the end, if people are supportive of our dreams they'll understand why we need to do what we do.

What are we willing to give up in order to achieve the things we want most?

> You have to develop rhino skin on your journey to success. Lots of people will try to bring you down, discourage you, make fun of you, try to steer you off the path of your goals and dreams. Don't let them.
>
> Associate yourself with winners. Hang out with like-minded individuals who are going to help you grow.



Alex Morton

Life engenders life.
Energy creates energy.
It is by spending oneself that one becomes rich.

Sarah Bernhardt

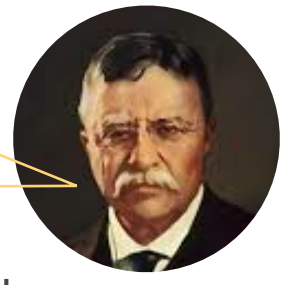
The heights by great men reached and kept were not attained by sudden flight, but they, while their companions slept, were toiling upward in the night.

Henry W. Longfellow

Everything comes to him who hustles while he waits.

Thomas Edison

Do what you can,
with what you have,
where you are.



Theodore Roosevelt

Good things happen to those who hustle.

Anais Nin

Some people dream of success while others wake up and work hard at it.

Naturalopist

The Seven Deadly Sins

1. Wealth without work.
2. Pleasure without conscience.
3. Science without humanity.
4. Knowledge without character.
5. Politics without principle.
6. Commerce without morality.
7. Worship without sacrifice.

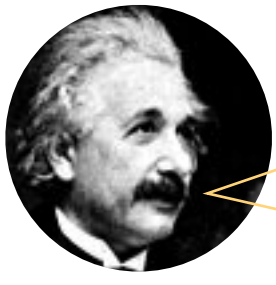
Mahatma Gandhi

Luck is what happens when preparation meets opportunity.

Seneca

Toil and risk are a part of glory, but it is a lovely thing to live with courage and die, leaving an ever lasting fame.

Alexander the Great



I'm thankful for all those who said "no" to me. It's because of them I'm doing it myself.

Albert Einstein

Opportunity is missed by most people because it is dressed in overalls and looks like work.

Thomas Edison

To set out on any noble purpose and to die along the way is to succeed.

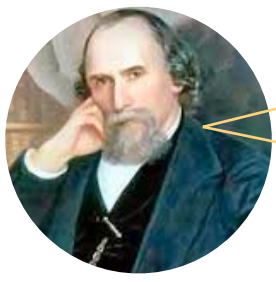
Hindu Proverb

Do not pray for an easy life, pray for the strength to endure a difficult one.

Bruce Lee

The best people possess a feeling for beauty, the courage to take risks, the discipline to tell the truth, the capacity for sacrifice. Ironically, their virtues make them vulnerable; they are often wounded, sometimes destroyed.

Ernest Hemingway



Sacrifice, which is the passion of great souls, has never been the law of societies.

Henri Frederic Amiel

In everyday things the law of sacrifice takes the form of positive duty.

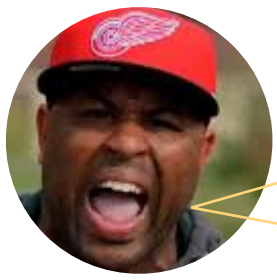
James Froude

The sacrifice which causes sorrow to the doer of the sacrifice is no sacrifice. Real sacrifice lightens the mind of the doer and gives him a sense of peace and joy. The Buddha gave up the pleasures of life because they had become painful to him.

Mahatma Gandhi

There are plenty of teams in every sport that have great players and never win titles. Most of the time, those players aren't willing to sacrifice for the greater good of the team. The funny thing is, in the end, their unwillingness to sacrifice only makes individual goals more difficult to achieve. One thing I believe to the fullest is that if you think and achieve as a team, the individual accolades will take care of themselves. Talent wins games, but teamwork and intelligence win championships.

Michael Jordan



If you think it’s gonna be easy, just forget about it. Don’t even try to be successful.

Eric Thomas

James Allen

He who would accomplish little must sacrifice little;
he who would achieve much must sacrifice much;
he who would attain highly must sacrifice greatly.

Amateurs look for inspiration;
the rest of us just get up and go to work.

Chuck Close

Nothing in the world is worth having or worth doing unless it means effort, pain, and difficulty. I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.

Theodore Roosevelt

Great achievement is usually born of great sacrifice, and is never the result of selfishness.

Napoleon Hill

There are always excuses: the weather's too hot, the weather's too cold; the weather's perfect so I need to enjoy it. Then there are distractions: the news, TV shows, movies, social media, and trivial matters. Technology has enabled us to be busy without getting anything important done. We need to eliminate distractions and trivial activities in order to work on important goals.

Trung Nguyen

Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.

Ralph Waldo Emerson

To gain that which is worth having, it may be necessary to lose everything else.

Bernadette Devlin

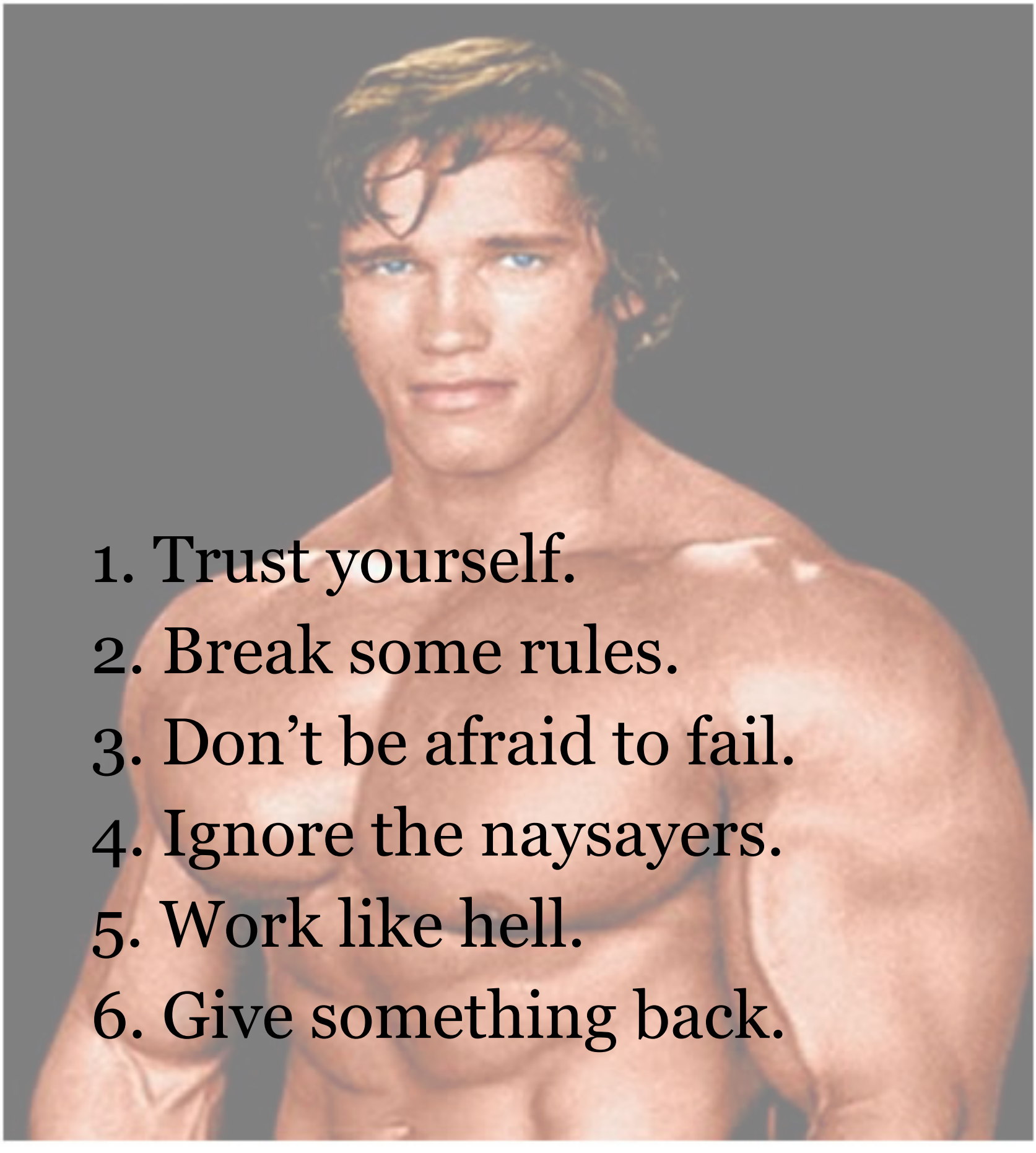
No man needs sympathy because he has to work, because he has a burden to carry. Far and away the best prize that life offers is the chance to work hard at work worth doing.

Theodore Roosevelt

No fine work can be done without concentration and self-sacrifice and toil and doubt.

Max Beerhohm

ARNOLD SCHWARZENEGGER'S 6 RULES FOR SUCCESS



"Just remember, you can't climb the ladder of success with your hands in your pockets."

DILIGENCE

diligence

attentiveness, exertion, carefulness, application, vigor, intensity, alertness

1. Conscientiousness or determination or perseverance when doing something.

2. Careful and persistent work or effort.

Diligence is a byproduct of passion or duty. As the saying goes: the devil is in the detail. We can just finish the project or we can finish the project brilliantly, paying attention even to the smallest of details. What is the difference between just finishing a project and finishing it brilliantly? Passion for some and duty for others.

When we attach our name to a project, we become diligent toward its end. To ensure diligence, attach our name and reputation to a project.

Genius is 1% inspiration and 99% perspiration.

Thomas Edison

If you work hard enough and assert yourself, and use your mind and imagination, you can shape the world to your desires.

Malcolm Gladwell

1. Get a goal.
2. Get a plan.
3. Get up off your ass.

Ken Jeong, *Pain & Gain*

The hand of the diligent will rule, while the lazy will be put to forced labor.

Naturalopist

There is no substitute for hard work.

Thomas Edison

Every morning you have two choices: continue to sleep with dreams or wake up and chase your dreams.

Naturalopist

You become what you think about all day long.

Ralph Waldo Emerson

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

Helen Keller

We don't have time for shortcuts.

Naturalopist

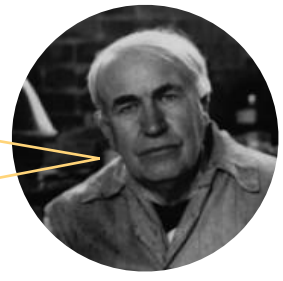
All hard work brings a profit, but mere talk leads only to poverty.

Proverbs 14:23

Practice makes perfect.

Motherly Advice

Being busy does not always mean real work. The object of all work is production or accomplishment and to either of these ends there must be forethought, system, planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing.



Thomas Edison

Details matter, it's worth waiting to get it right.

Steve Jobs

If you look at successful people, they make decisions that other people look at as being weird, crazy, odd, strange. They're not like normal people. They're visionaries. They see things a lot differently. Where you and I may look and say, "That's the colour red." They say, "No, that's maroon."

Rodney Harrison, New England Patriots

Become addicted to constant and never-ending self-improvement.

Anthony J. D'Angelo

The devil is in the detail.

Naturalopist

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

Abraham Lincoln

My one aim was to do a thing well and to excel if possible.

Josephine demott Robinson

To read attentively—not to be satisfied with "just getting the gist of it." And not to fall for smooth talkers.

Marcus Aurelius

Out of the strain of doing, into the peace of done.

Julia Louise Woodruff

Motivation is what gets you started. Habit is what keeps you going.

Jim Rohn

If your determination is fixed, I do not counsel you to despair. Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.

Samuel Johnson

Focus is key. You can only do so many things well, and you should cast aside everything else.

Tim Cook

Adopt the pace of nature: her secret is patience.

Ralph Waldo Emerson

Chaos is inherent in all compounded things. Strive on with diligence.

Buddha

Leaders aren't born; they are made. And they are made just like anything else: through hard work. And that's the price we'll have to pay to achieve that goal, or any goal.

Vince Lombardi

Elon Musk

In the beginning there will be few people who believe in you or in what you're doing but then over time the evidence will build and more and more people will believe in what you're doing. So, I think it's a good idea when creating a company to have a demonstration or to be able to sketch something so people can really envision what it is about. Try to get to that point as soon as possible.

William Penn

Patience and Diligence, like faith, remove mountains.

If you do the little jobs well, the big ones will tend to take care of themselves.

Dale Carnegie

What we hope ever to do with ease, we must first learn to do with diligence.

Samuel Johnson

I never did anything by accident, nor did any of my inventions come by accident; they came by work.

Thomas Edison

Ennoble yourself; work on your dream everyday.

Trung Nguyen

Without hard work, nothing grows but weeds.

Gordon B. Hinckley

Creativity itself doesn't care at all about results—the only thing it craves is the process. Learn to love the process and let whatever happens next happen, without fussing too much about it. Work like a monk, or a mule, or some other representative metaphor for diligence. Love the work. Destiny will do what it wants with you, regardless.

Elizabeth Gilbert

Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work.

Stephen King

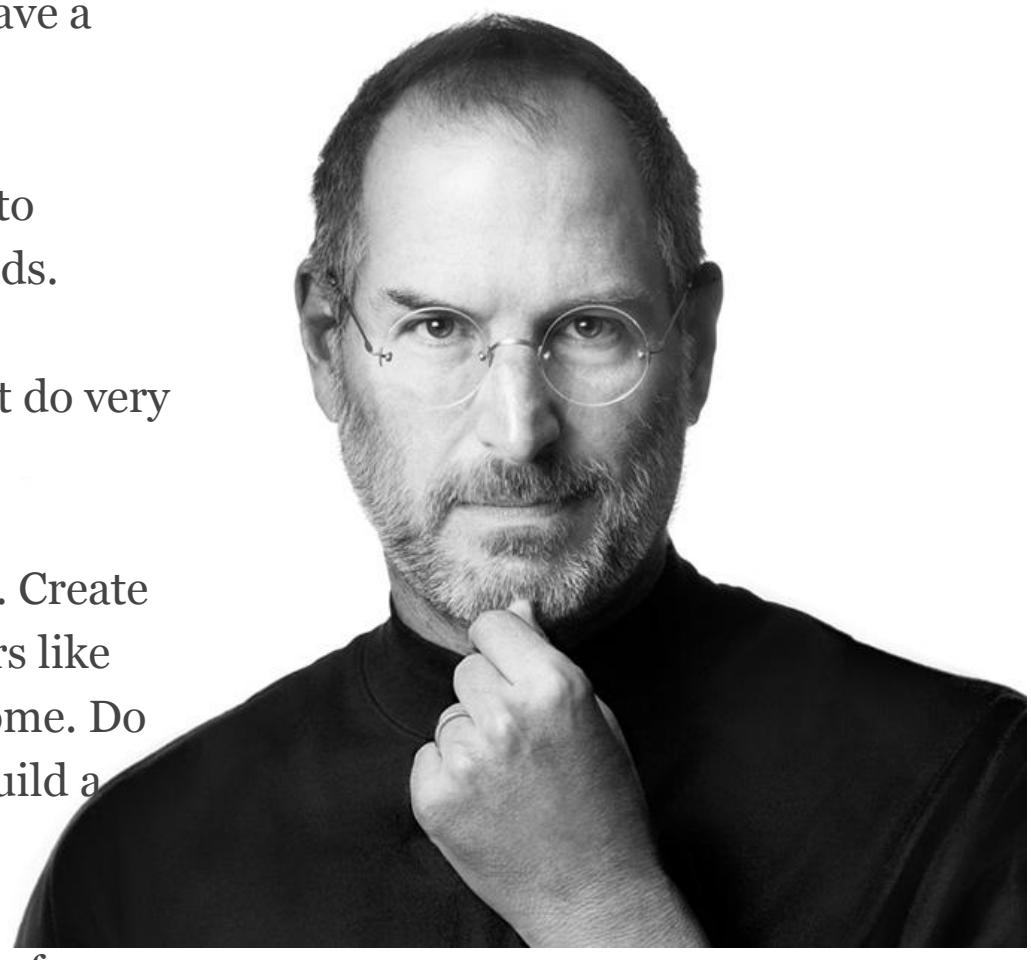
I know you've heard it a thousand times before. But it's true—hard work pays off. If you want to be good, you have to practice, practice, practice. If you don't love something, then don't do it.

Ray Bradbury

STEVE JOBS'S 7 RULES OF SUCCESS

1. Do what you love. People with passion can change the world.

2. Put a dent in the Universe. Have a HUGE vision.



3. Get out of your comfort zone to connect ideas from different fields.

4. Choose what you do and don't do very wisely.

5. Enrich your customers's lives. Create an experience for your customers like they never had before. Be awesome. Do something new and different. Build a brand!

6. Be a Master Communicator. Inform, educate, inspire, entertain. Master your presentation.

7. Sell dreams, not products. Understand and know your customers. Know that they care about themselves, their hopes, dreams, and ambitions. Help your customers reach their dreams and you'll win them over.

PERSEVERANCE

perseverance

constancy, steadfastness, persistence, dedication, endurance, grit, continuance

1. Continuing in a course of action without regard to discouragement, opposition or previous failure.

2. Persistent determination to adhere to a plan of direction; insistence.

Never, never, never quit! Churchill's phrase sums up perseverance nicely.

If we start something, finish it! Through thick and thin.

Be a finisher. Or live with regret.

Choose to be a finisher. Be a finisher.

Head down, nose to the grindstone, and keep pushing until it's done...

When you have exhausted all possibilities, remember this: you haven't.

Thomas Edison

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.

Earl Nightingale

Don't quit! Suffer now and live the rest of your life as a champion.

Muhammed Ali

The difficulties you meet will resolve themselves as you advance. Proceed, and light will dawn, and shine with increasing clearness on your path.

Jim Rohn

It does not matter how slowly you go as long as you do not stop.

Confucius

Opportunity often comes disguised in the form of misfortune, or temporary defeat.

Napoleon Hill

Hope is not a strategy. Complaining is not a strategy.

Jeff Bezos

Every farmer knows that you can't sow and reap on the same day. There is a timetable for your harvest that requires both working and waiting. Patience is a small price to pay for what you will receive.

Neil Eskelin

The difference in winning and losing is most often not quitting.

Walt Disney

You have to get knocked down many times, and shake it off. Life is about ups and downs, and you have to keep standing up.

Herschel Walker

If plan A doesn't work, the alphabet has 25 more letters! Stay cool.

Naturalopist

Pain is nothing compared to what it feels like to quit. Give everything you've got today, for tomorrow may never come.

Dan Gable

A journey of a thousand miles begins with the first step.

Lao Tzu

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas Edison

The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.

Abraham Lincoln

It still holds true that man is most uniquely human when he turns obstacles into opportunities.

Eric Hoffer

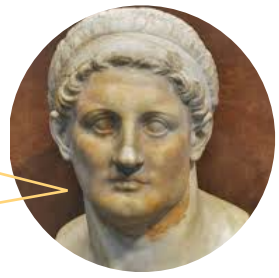
Patience, persistence, and perspiration make an unbeatable combination for success.

Napoleon Hill

The most difficult thing is the decision to act, the rest is merely tenacity.

Amelia Earhart

I've lived long life, Cadmos, but the glory and the memory of men will always belong to the ones who follow their great visions.



Ptolemy

The road to your dreams is riddled with difficulties, naysayers, obstacles, doubters, delays, and setbacks. Embrace, even enjoy, them because they're part of the learning process required to manifest dreams into reality.

Trung Nguyen

Never, never, never give up.

Winston Churchill

Having a dream is what keeps you alive. Overcoming the challenges make life worth living.

Mary Tyler Moore

Perseverance is the hard work you do after you get tired of doing the hard work you already did.

Newt Gingrich

When you want something bad enough, it's going to happen for you.

Jon “Bones” Jones

Three things that are most essential to achievement are common sense, hard work, and stick-to-it-iv-ness.

Thomas Edison

If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles away, I'd still swim. And I'd despise the one who gave up.

Abraham Maslow

Patience, persistence, and perspiration make an unbeatable combination for success.

Napoleon Hill

The harder you work, the better you sleep.

Trung Nguyen

The greatest results in life are usually attained by simple means and the exercise of ordinary qualities. These may for the most part be summed in these two: common-sense and perseverance.

Owen Feltham

Never discourage anyone who continually makes progress, no matter how slow.

Plato

Results? Why man, I have gotten lots of results! If I find 10,000 ways something won't work, I haven't failed. I am not discouraged, because every wrong attempt discarded is often a step forward.

Thomas Edison

Bruce Lee

If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.

SUCCESSFUL PEOPLE VERSUS UNSUCCESSFUL PEOPLE

SUCCESSFUL PEOPLE	UNSUCCESSFUL PEOPLE
Have a sense of gratitude	Have a sense of entitlement
Compliment people	Criticize people
Forgive others	Hold a grudge
Give others credit for their victories	Take all the credit for their victories
Accept responsibility for their failure	Blame others for their failure
Read everyday	Watch TV everyday
Keep a journal	Say they keep a journey but don't
Discuss ideas	Gossip about people
Want others to succeed	Secretly or openly hope others fail
Share information	Horde information
Develop plans and set goals	Operate on a transactional perspective
Keep a "to do" list	Go with the flow, whatever is popular
Exude joy	Exude grudge and anger; victim mentality
Embrace change	Fear and resist change
Work hard	Take shortcuts
Think long-term	Think day-to-day
Accept failure as part of success	Fear failure; paralysis by analysis

LEADERSHIP

leadership

influence, sway, skill, authority, foresight, management, guidance

1. The characteristics of leading by the leader.

2. Possessing the ability or capacity to lead others.

A great leader is a dynamic communicator and an understanding coach who leads by example. If we lead people with selfish motives, it's a recipe for a dysfunctional organization. So, lead with the goals of the team in mind.

If we want people to follow us, ask ourself, "What is in it for them?"

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.

Lao Tzu

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.

Jack Welch

The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly.

Jim Rohn

Leadership is the capacity to translate vision into reality.

Warren Bennis

Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish.

Sam Walton

My own definition of leadership is this: The capacity and the will to rally men and women to a common purpose and the character which inspires confidence.

General Montgomery

You can't help someone get up a hill without getting closer to the top yourself.

Norman Schwarzkopf

Leaders think and talk about the solutions. Followers think and talk about the problems.

Brian Tracy

No man will make a great leader who wants to do it all himself, or to get all the credit for doing it.

Andrew Carnegie

Anyone can hold the helm when the sea is calm.

Publilius Syrus

Leadership is lifting a person's vision to high sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations.

Peter Drucker

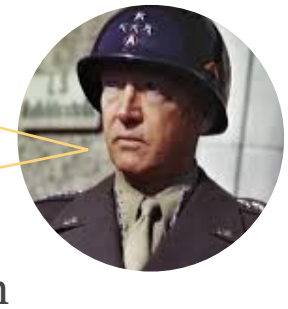
He who has never learned to obey cannot be a good commander.

Aristotle

A leader is one who knows the way, goes the way, and shows the way.

John Maxwell

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.



General George Patton

A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent.

Douglas MacArthur

The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it.

Theodore Roosevelt

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

John Quincy Adams

The best leaders don’t create followers, they create leaders.

Brian Tracy

Somebody once told me, “Manage the top line, and the bottom line will follow.” What's the top line? It's things like, why are we doing this in the first place? What's our strategy? What are customers saying? How responsive are we? Do we have the best products and the best people? Those are the kind of questions you have to focus on.

Steve Jobs

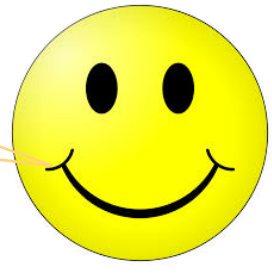
A great person attracts great people and knows how to hold them together.

Johann Goethe

The most dangerous leadership myth is that leaders are born—that there is a genetic factor to leadership. That's nonsense; in fact, the opposite is true. Leaders are made rather than born.

Warren Bennis

Throw me to the wolves and I will return leading the pack.



Naturalopist

Leadership is simply the ability of an individual to coalesce the efforts of other individuals toward achieving common goals. It boils down to looking after your people and ensuring that, from top to bottom, everyone feels part of the team.

Frederick W. Smith

My job is not to be easy on people.
My job is to make them better.

Steve Jobs

It is a fine thing to have ability, but the ability to discover ability in others is the true test.

Elbert Hubbard

Leadership is unlocking people's potential to become better.

Bill Bradley

If your success is defined as being well-adjusted to injustice and well adapted to indifference, then we don't want successful leaders. We want great leaders—who love the people enough and respect the people enough to be unbought, unbound, unafraid, and unintimidated to tell the difference.

Cornel West

An idealist is a person who helps other people to be prosperous.

Henry Ford

All men who have achieved great things have been great dreamers.

Orison Swett Marden

When I give a minister an order, I leave it to him to find the means to carry it out.

Napoleon Bonaparte

Men make history and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better.

Harry S. Truman

A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.

Rosalynn Carter

People buy into the leader before they buy into the vision.

John Maxwell

The planet does not need more successful financial people. The planet desperately needs more successful peacemakers, healers, restorers, storytellers, and lovers of all kinds.

Dalai Lama XIV

I think that much advice given to young men about saving money is wrong. I never saved a cent until I was forty years old. I invested in myself—in study, in mastering my tools, in preparation. Many a man who is putting a few dollars a week into the bank would do much better to put it into himself.

Henry Ford

Pride is more difficult to subdue than a wild lion. If you can't swallow your pride, you can't lead. A leader can never be happy until his people are happy.

Genghis Khan

The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant.

Max DePree

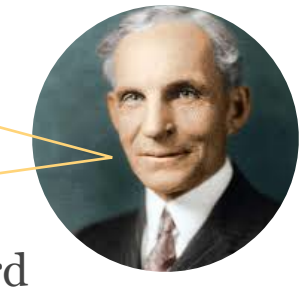
A man who wants to lead the orchestra must turn his back on the crowd.

Max Lucado

To lead people, walk behind them.

Lao Tzu

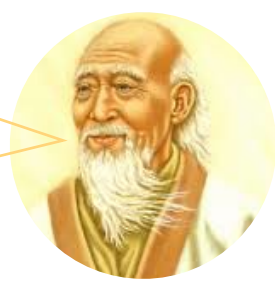
Don’t find fault, find a remedy.



Henry Ford

THE MATRIX OF LEADERSHIP

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say, "We did it ourselves."



Lao Tzu

TEAMWORK

teamwork

synergy, symbiosis, unity, alliance, help, combined effort, coalition

1. The cooperative effort of a team of people for a common end.

2. The ability to work efficiently as a team.

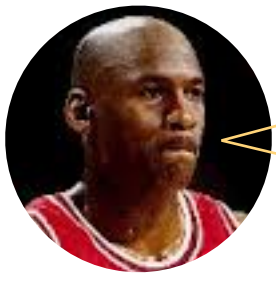
If one person can do something in 20 hours, two people can do it in seven hours, and three people can do it in two hours. This is the efficiency and synergy of teamwork.

An ambitious goal can only be accomplished with a dedicated team working toward a common end. When we want to accomplish something great, leave Mr. Ego at the door and do what is good for the team. This could mean stepping out of the way or swallowing our pride to help the team.

In teamwork, we need to accept that it's not who is right, but what is right. Leave Mr. Ego at home and always accept what is right.

Remember teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability.

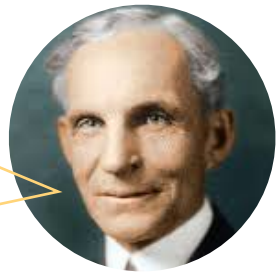
Patrick Lencioni



Talent wins games, but teamwork and intelligence win championships.

Michael Jordan

Coming together is a beginning; keeping together is progress; working together is success.

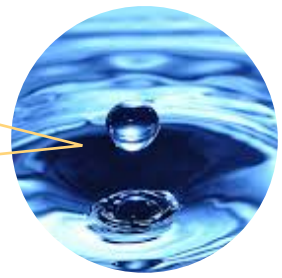


Henry Ford

Alone we can do so little, together we can do so much.

Helen Keller

Individually, we are one drop. Together, we are an ocean.



Ryunosuke Satoro

Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.

Vince Lombardi

A lot of people, when a guy scores a lot of goals, think, “He's a great player”, because a goal is very important, but a great player is a player who can do everything on the field. He can do assists, encourage his colleagues, give them confidence to go forward. It is someone who, when a team does not do well, becomes one of the leaders.

Pele

Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.

Andrew Carnegie

A single arrow is weak and easy to break, but many arrows in a bundle are strong and hard to break.

Genghis Khan

The strength of the team is each individual member. The strength of each member is the team.

Phil Jackson

The best teamwork comes from men who are working independently toward one goal in unison.

James Cash

Teamwork is so important that it is virtually impossible for you to reach the heights of your capabilities or make the money that you want without becoming very good at it.

Brian Tracy

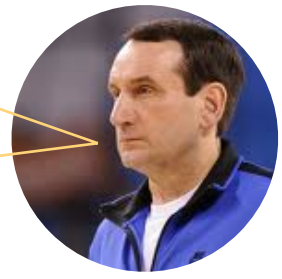
If everyone is moving forward together, then success takes care of itself.

Henry Ford

I invite everyone to chose forgiveness rather than division, teamwork over personal ambition.

Jean-Francois Cope

To me, teamwork is the beauty of our sport, where you have five acting as one. You become selfless.

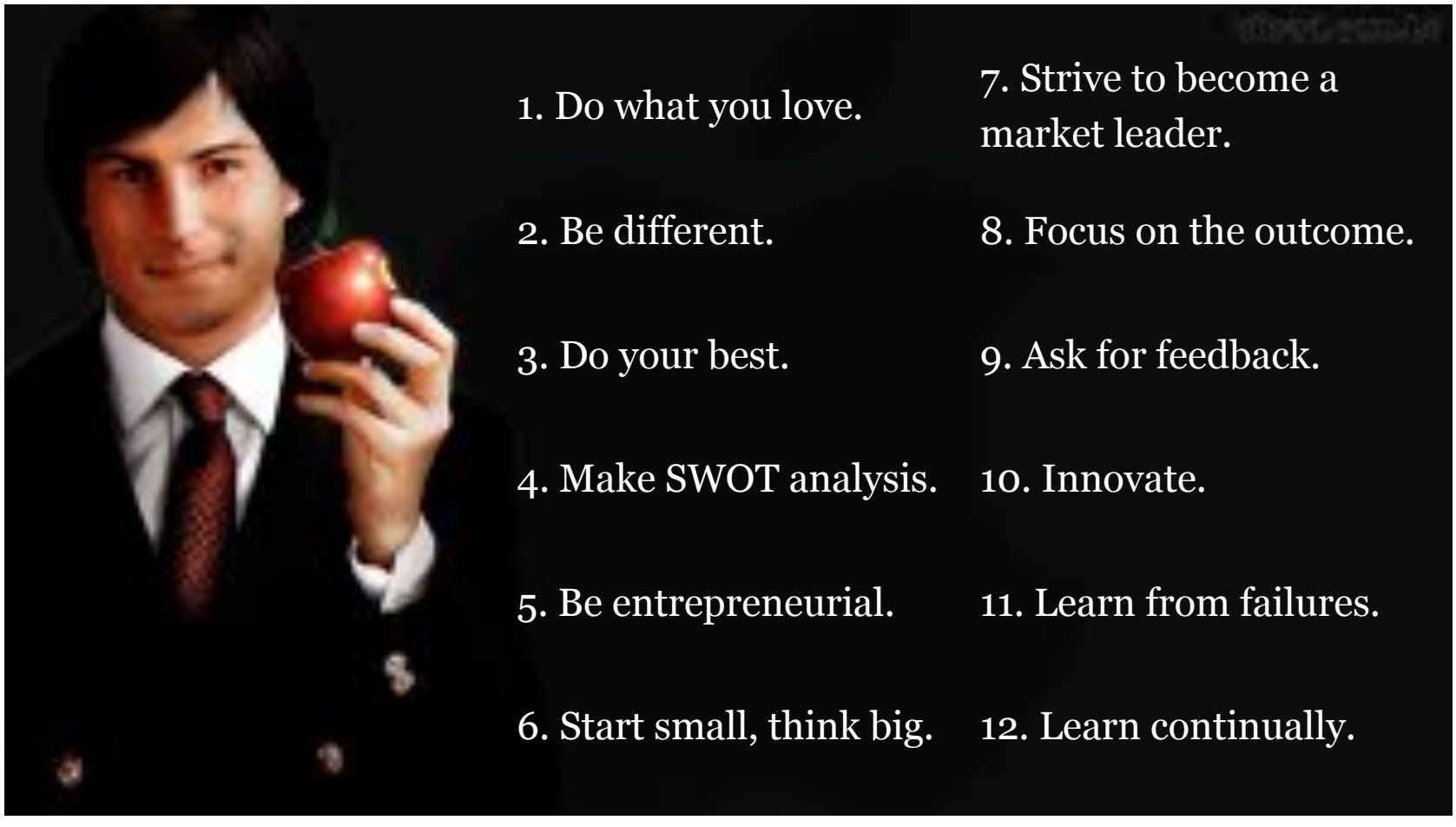


Mike Krzyzewski

When you form a team, why do you try to form a team? Because teamwork builds trust and trust builds speed.

Russel Honore

STEVE JOBS'S 12 RULES OF SUCCESS



KEEP CALM
TEAMWORK
MAKES THE
DREAM
WORK

MONEY

money

capital, land, labour, resources, legal tender, medium of exchange

1. An item of value between two parties used for the exchange of goods or services.

Money is not the root of all evil. It's how we obtain it and what we intend to do with it that determines if it is the root of good or evil. Money equals financial wealth but not necessarily spiritual wealth. Surveys have shown that the richest people in the world are not necessary the happiest.

The majority of financially wealthy people have something in common: they provide goods and/or services that people need or want. What good or service can you conjure that people would need or want? Or can you build a better mouse trap?

"Yes, the planet got destroyed. But for a beautiful moment in time we created a lot of value for shareholders."

Do what you love and the money will follow.

Marsha Sinetar

What is money? A man is a success if he gets up in the morning and goes to bed at night and in-between does what he wants do to.

Bob Dylan

It's not how much money we make that ultimately makes us happy between nine and five. It's whether or not our work fulfills us.

Malcolm Gladwell

Morals before money. Money will come.

Naturalopist

We will receive not what we idly wish for but what we justly earn. Our rewards will always be in exact proportion to our service.

Earl Nightingale

The punishment of wealth is boredom.

Arthur Schopenhauer

If you wish to get rich, save what you get. A fool can earn money; but it takes a wise man to save and dispose of it to his own advantage.

Brigham Young

Laura D. Adams

If money management isn't something you enjoy, consider my perspective. I look at managing my money as if it were a part-time job. The time you spend monitoring your finances will pay off. You can make real money by cutting expenses and earning more interest on savings and investments. I'd challenge you to find a part-time job where you could potentially earn as much money for just an hour or two of your time.

If you buy things you do not need, soon you will have to sell things you need.

Warren Buffett

It's funny how men can be so smart with business yet so dumb with women.

Joe Malo

If you know how to make money you should know how to manage it. Expecting someone else, even an accountant, to responsibly manage your money is unreasonable.

Naturalopist

When it comes to blood and money, we are all the same colours.

Trung Nguyen

Only when the last tree has been cut, the last fish caught, and the last river poisoned, will we realize we cannot eat money.

Cree Proverb

As my father used to say, “There are two sure ways to lose a friend, one is to borrow, the other to lend.”

Patrick Rothfuss

A borrower is a slave to the lender.

Naturalopist

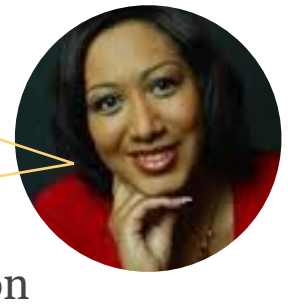
Neither a borrower nor a lender be, for loan oft loses both itself and friend, and borrowing dulls the edge of husbandry.

William Shakespeare

Being the richest man in the cemetery doesn't matter to me. Going to bed at night saying we've done something wonderful. That's what matters to me.

Steve Jobs

Money, like emotions, is something you must control to keep your life on the right track.



Natasha Munson

Money has given me the independence to do what I love daily. Beyond that it has no real utility for me but has enormous utility for others. That is why I'm giving it away.

Warren Buffett

Money is not the root of all evil. It's how you attain it and your purpose for it that determines its label.

Trung Nguyen

He who will not economize will have to agonize.

Confucius

If you are earning money in your career but are not transforming into the person you wish to become, your career and spirit will eventually die.

Stefan Aarnio

A man is rich in proportion to the number of things which he can afford to let alone.

Henry David Thoreau

The less you can live on, the more chance your idea will succeed. This is true even after you've "made it."

Hugh Macleod

We do a lot of things for reasons besides profit motive. We want to leave the world better than we found it.

Tim Cook

You will become what you act like. If you want to get out of debt and save money, follow examples of people who have done it successfully.

Dave Ramsey

It’s not how much you make but how much you keep. A penny saved is a penny earned.

Benjamin Franklin

Everyone wants to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.

Oprah Winfrey

Too many people spend money they haven’t earned, to buy things they don't want, to impress people that they don't like.

Will Rogers

While money can't buy happiness, it certainly lets you choose your own form of misery.

Groucho Marx

He is richest who is content with the least, for content is the wealth of nature.

Socrates

Money has never made man happy, nor will it, there is nothing in its nature to produce happiness. The more of it one has the more one wants.

Benjamin Franklin

Make money your god, and it will plague you like the devil.

Henry Fielding

You can only become truly accomplished at something you love. Don’t make money your goal. Instead, pursue the things you love doing, and then do them so well that people can’t take their eyes off you.

Maya Angelou

Not he who has much is rich, but he who gives much.

Erich Fromm

A fool and his money are soon parted.

Thomas Tusser

If you really think the environment is more important than the economy, try holding your breath while you count your money.

Guy McPherson

Steve Jobs

You know, my main reaction to this money thing is that it's humorous, all the attention to it, because it's hardly the most insightful or valuable thing that's happened to me.

10 Things Money Can't Buy

1. Love
2. Morals
3. Respect
4. Character
5. Common sense
6. Trust
7. Patience
8. Class
9. Integrity
10. Manners

You need all those qualities to make and keep money!

Health + knowledge + hard work + perseverance = Wealth. They will carry you through many hardships in life.

Trung Nguyen

A man who dies rich dies disgraced.

Andrew Carnegie

I was worth over $1 million when I was 23, and over $10 million when I was 24, and over $100 million when I was 25, and it wasn't that important because I never did it for the money.

Steve Jobs

Money is a tangible product of intangible skills.

Trung Nguyen

Everyday is a bank account, and time is our currency. No one is rich, no one is poor, we've got 24 hours each.

Christopher Rice

THE MISER AND HIS GOLD

Once upon a time there was a Miser who hid his gold at the foot of a tree in his garden. Every week he would go and dig it up and gloat over his treasure. A robber, who had noticed this, one day went and dug up the gold and decamped with it. When the Miser next came to gloat over his treasure, he found nothing but the empty hole. He tore his hair and raised such an outcry that all the neighbours came around him. He told them how he used to visit his gold.

“Did you ever take any of it out?” asked one of them.

“Nay,” said the Miser, “I only came to look at it.”

“Then come again and look at the hole,” said a neighbour. “It will do you just as much good.”

Aesop

Morals and lessons covered by Aesops’ Fables:

- honesty is the best policy,
- appearances are deceiving,
- do not bite the hand that feeds you,
- **it is better to be frugal than greedy**,
- a bird in one hand is better than two birds in the bush,
- do not trust those who flatter you,
- you cannot argue a coward into courage,
- do not count your chicks before they hatch, and
- do not believe the promises of a desperate man.

PRECEPT 16

SUFFERING

suffering

misery, torment, distress, affliction, discomfort, anguish, adversity, hardship

1. The condition of someone who suffers; a state of pain or distress.

2. The state of enduring pain, misery, loss, or distress.

Suffering is an unnatural part of the human experience, but sometimes it is necessary to teach us lessons on what to do and what not to do. In adults, for the things within our control, suffering is self-inflicted—suffering is the consequence of the choices we make. In children, suffering is inherited through the parents—children suffer as the result of their caretakers's karma.

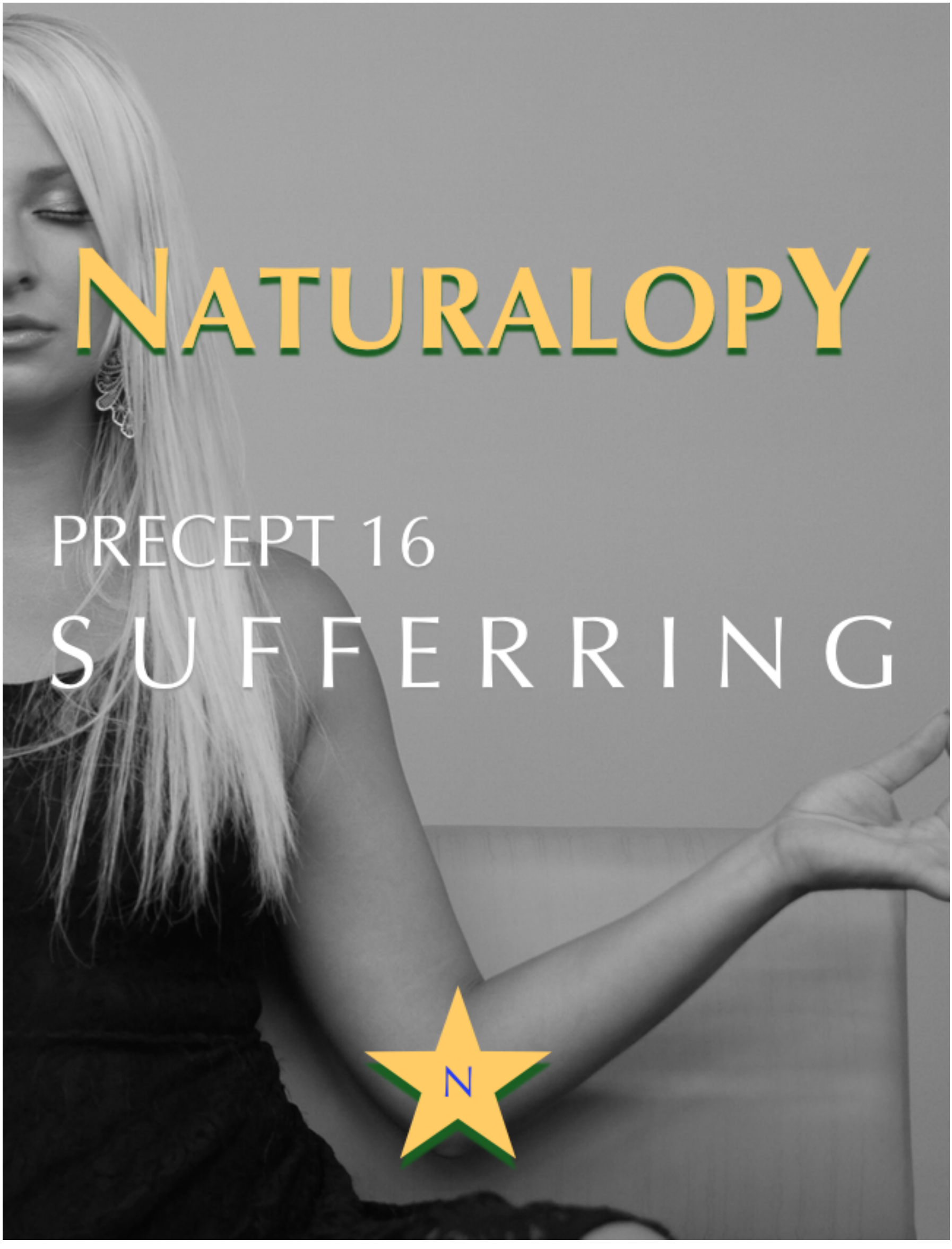
In general, when the desire for wants far exceeds the fulfillment of needs, suffering results. For example, greed (selfish, excessive desire) is a primary cause of suffering. Greed is abnormal and must be subdued if we want peace of mind—a greedy mind is deluged with excessive consumerism and irrationality.

On the other side of the scale, ignorance is also a leading cause of suffering. By believing what we are taught without questioning authority, quasi-authoritative institutions, religious institutions, or false friends, we end up making uninformed decisions that are detrimental to our well-being. Question everything to avoid suffering.

Calm the mind with meditation and all the causes of suffering will surface.

If the people we associate with cause us suffering, then it is best to remove them from our life. Those who cause suffering will inflict damage on those they come in contact with.

For the things within our control, we are responsible for our own suffering. Therefore, we alone can remedy suffering through self-education and the choices we make.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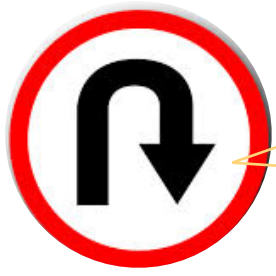


No matter how far you have gone on a wrong road, turn back.

Turkish Proverb

Sometimes we need to hurt in order to grow.
We must fail in order to know.
We must lose in order to gain.
Some lessons are learned best through pain.

Naturalopist

There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.

Carl Jung

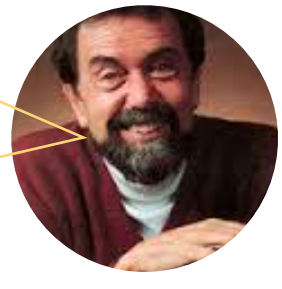
The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt.

Max Lerner

There comes a point in every person's life when they must realize, "I can't outrun my darkness, I can only fill it with light."

Yehuda Berg

The person who risks nothing, does nothing, has nothing, is nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn and feel and change and grow and love and live.



Leo F. Buscaglia

People have to really suffer before they can risk doing what they love.

Chuck Palahniuk

In certain people, suffering is karma claiming what's due. Once the karmic debt is paid, then enlightenment begins and suffering subsides.

Trung Nguyen

What does not destroy me makes me stronger.

Friedrich Nietzsche

Life is very interesting. In the end, some of your greatest pains become your greatest strengths.

Drew Barrymore

To stop suffering, stop greediness. Greediness is a source of suffering.

Buddha

The goal of spiritual practice is full recovery, and the only thing you need to recover from is a fractured sense of self.

Marianne Williamson

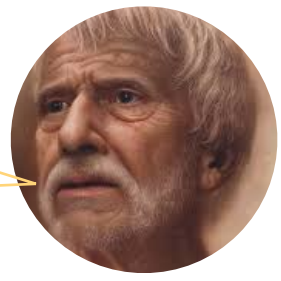
Nobody, as long as he moves about among the chaotic currents of life, is without trouble.

Carl Jung

Some of life's best lessons are learned at the worst times.

Wilson Kanadi

There are more things to alarm us than to harm us, and we suffer more often in apprehension than reality.



Seneca

Blessed are the cracked, for they shall let in the light.

Groucho Marx

Man cannot remake himself without suffering,
for he is both the marble and the sculptor.

Alexis Carrel

Life without pain has no meaning.

Arthur Schopenhauer

All life is suffering. All suffering is
caused by desire.

Buddha

Understand the suffering of worldly existence.

Abandon its causes of ignorance and selfishness.

Practice the path of meditation and compassion.

Awaken from suffering within Great Peace.

Buddha

If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.

Marcus Aurelius

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.

Khalil Gibran

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind.

Bertrand Russell

All the world is full of suffering. It is also full of overcoming.

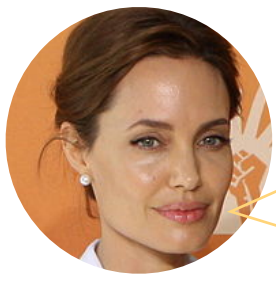
Helen Keller

If you find yourself in a hole, stop digging.

Will Rogers

Often the thought of pain is actually worse than the pain itself.

Greg Behrendt



Without pain, there would be no suffering, without suffering we would never learn from our mistakes. To make it right, pain and suffering is the key to all windows, without it, there is no way of life.

Angelina Jolie

I gather strength from life's storms.

Jonathan Lockwood Huie

The strongest souls emerge out of suffering.

Khalil Gibran

As an adult making conscious decisions, suffering is Nature's way of telling us that our behaviors are against Her laws.

Trung Nguyen

Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have—life itself.

Walter Anderson

Men are disturbed not by things, but by the view which they take of them. Our busy minds are forever jumping to conclusions, manufacturing and interpreting signs that aren't there.

Epictetus

The root of suffering is attachment.

Buddha

Only a person who has experienced suffering can truly understand the suffering of another person.

Trung Nguyen

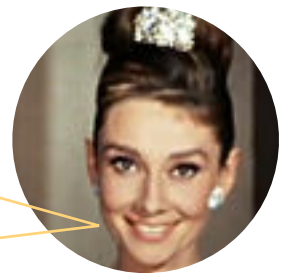
Suffering is instructive to the soul.

Naturalopist

Catastrophe is the essence of the spiritual path, a series of breakdowns allowing us to discover the threads that weave all of life into a whole cloth.

Roshi Joan Halifax

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.



Audrey Hepburn

It is better to start over than continue down a path you know is wrong for your soul.

Denise Linn

Most of the really interesting, compassionate and influential people in the world have faced major disappointments, had their hearts broken once or twice, and experienced loneliness, despair and failure. Not surprisingly, these are the same people who create the beautiful art, music, dance and theatre around us and who grow into intuitive, generous, and loving pathfinders that open the hearts of others.

Paul S. Boynton

If you suffer it is because of you, if you feel blissful it is because of you. Nobody else is responsible—only you and you alone. You are your hell and your heaven, too.

Osho

No matter how hard the past, you can always begin again.

Buddha

We cannot and should not ever compare suffering.

Nick Vujicic

What is hell? I maintain that it is the suffering of being unable to love.

Fyodor Dostoyevsky

The wound is the place where the Light enters you.

Rumi

The only thing that overcomes hard luck is hard work.

Harry Golden

Don't ask why someone keeps hurting you.
Ask why you keep letting them.

Naturalopist

Every flower must grow through dirt, endure the wind, survive the rain, and fight the cold before it can become a thing of beauty. Likewise, every human must grow through pain, endure setback, survive hardship, and fight the past before they can become a beautiful person.

Trung Nguyen

To find yourself, think for yourself.

Socrates

Never to suffer would never to have been blessed.

Edgar Allan Poe

There is no witness so terrible and no accuser so powerful as the conscience which dwells within us.

Sophocles

Remember that you're human. It's okay to make mistakes and have a meltdown. Just don't unpack and live there. Cry it out, then focus on where you want to go.

Motherly Advice

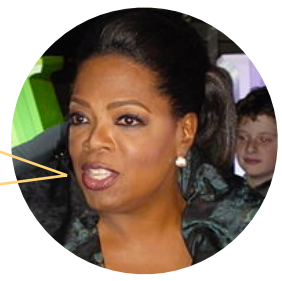
No tree, it is said, can grow to heaven unless its roots reach down to hell.

Carl Jung

People who love themselves, don't hurt other people. The more we hate ourselves, the more we want others to suffer.

Dan Pearce

Turn your wounds into wisdom.

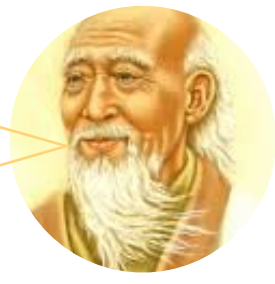


Oprah Winfrey

He who has done what is right is free from fear.

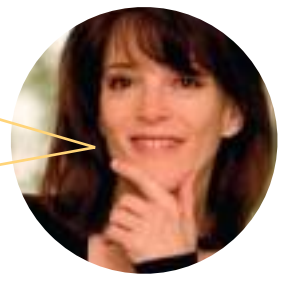
Buddha

If you want to become full, let yourself be empty.



Lao Tzu

It takes courage to endure the sharp pains of self-discovery, rather than choose to take the dull pain of unconsciousness that would last the rest of our lives.



Marianne Williamson

It is an easy thing for one whose foot is on the outside of calamity to give advice and to rebuke the sufferer.

Aeschylus

There is no coming to consciousness without pain. People will do anything, no matter how absurd, in order to avoid facing their own soul. One does not become enlightened by imagining figures of light, but by making the darkness conscious.

Carl Jung

Respect yourself to walk away from anything that no longer serves you, grows you, or makes you happy.

Robert Tew

ADDICTION

addiction

enslavement, fixation, craving, dependence, obsession

1. A state that is characterized by compulsive drug use or compulsive engagement in rewarding behavior, despite negative consequences.

2. A habit or practice that damages, jeopardizes or shortens one's life but when ceased causes trauma.

3. A pathological relationship to mood altering experience that has life damaging consequences.

The majority of people suffer of their own freewill (free will). Their choice of suffering is often addiction. Addiction, whether to drug, gambling, or sex, is an attempt to escape reality or a shortcut to pleasure; although fleeting, painful, and damaging. In other words, addiction is an attempt to dull pain, to fill the emptiness of the soul, to fill time.

When addiction is causing us to suffer, we need to uncover the root causes. This can be done by asking the following questions:

What or who is hurting us?
Who do we think about when are engaged in our substance of choice?
What psychological issues of our past have not been dealt with?
What are the things that we should be doing do but are not doing?
Are we aware of addiction’s consequences?
Are we aware of how our body (individual biochemistry) works?
Are we aware of how our mind works?
What are we susceptible to?

Are we aware of the triggers?

Many addictions are rooted in psychological trauma and should be treated as health issues and not criminal ones. One important note on addiction is that it’s not what we’re trying to quit, but what will we replace it with?

Addiction is suffering.

An addict is someone who uses their body to tell society that something is wrong with their soul.

Stella Adler

Addictions are among the most powerful self-delusions we experience. So, why do we gravitate toward the objects of our addictions? Because they change the way that we think about ourselves. Our addictions pull us further and further into our self-centered imaginary worlds, while intimacy draws us out of our self-absorption and into a real experience of others, the world and ourselves.

Matthew Kelly

Where life is seen as a burden, full of unpleasant and useless struggles, addiction is a way to surrender. The difference between not being addicted and being addicted is the difference between seeing the world as your arena and seeing the world as your prison. These contrasting orientations suggest a standard for assessing whether a substance or activity is addictive for a particular person. If what a person is engaged in enhances his ability to live, if it enables him to work more effectively, to appreciate the things around him more, and finally if it allows him to grow, to change and expand, then it is not addictive. If, on the other hand, it diminishes him, if it makes him less attractive, less capable, less sensitive and if it limits him, stifles him, harms him and/or those around him, it is addictive.

Richard Mckenzie Neal

Addiction begins with the hope that something “out there” can instantly fill up the emptiness inside.

Jean Kilbourne

How a society views individuals who engage in addictive behaviors has an important influence on addiction and recovery from addiction. If addiction is seen as a moral failing, it will be condemned. If seen as a deficit in knowledge, it will be educated. If the addiction is viewed as an acceptable aberration, it will be tolerated. If the addiction is considered illegal, it will be prosecuted. If viewed as an illness, it will be treated. Social policies mirror these different views with strategies ranging from prohibition and criminalization to hospitalization and mandated treatment.

Carlo C. Diclemente

At first, addiction is maintained by pleasure, but the intensity of this pleasure gradually diminishes and the addiction is then maintained by the avoidance of pain.

Frank Tallis

Every form of addiction is bad, no matter whether the narcotic be alcohol, morphine or idealism.

Carl Jung

Addicts know no shame. You disgrace yourself so many times you become immune to it.

John Grisham

What if I'm so broken I can never do something as basic as feed myself? Do you realize how twisted that is? It amazes me sometimes that humans still exist. We're just animals, after all. And how can an animal get so removed from nature that it loses the instinct to keep itself alive?

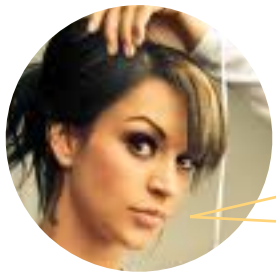
Amy Reed

Addiction is more malleable than you know. When people come to me for therapy, they often ask me whether their behavior constitutes a real addiction (or whether they are really alcoholic, etc.). My answer is that this is not the important question. The important questions are how many problems is the involvement causing you, how much do you want to change it, and how can we go about change?

Stanton Peele

Addiction isn't about using drugs. It's about what the drug does to your life.

Enock Maregesi



Why get high on drugs when you can get high on life?

Keri Williams

The greatest healing therapy is friendship and love.

Orlando Battista

Breaking News: The Pity Train has just derailed at the intersection of Suck It Up and Move On, and crashed into We All Have Problems, before coming to a complete stop at Get the Heck Over It. Any complaints about how we operate can be forwarded to 1-800-waa-waah. This is Dr. Sniffle Reporting LIVE from QuitYourFussing.

Naturalopist

A second chance doesn't mean anything if you haven't learned from your first mistake.

Motherly Advice

There are all kinds of addicts, I guess. We all have pain. And we all look for ways to make the pain go away.

Sherman Alexie

Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won. It exists, it is real, it is possible, it is yours.

Ayn Rand

I have absolutely no pleasure in the stimulants in which I sometimes so madly indulge. It has not been in the pursuit of pleasure that I have periled life and reputation and reason. It has been the desperate attempt to escape from torturing memories, from a sense of insupportable loneliness and a dread of some strange impending doom.

Edgar Allan Poe

At various points in my life I was addicted to gambling, drugs, and sex. What helped me overcome them was learning about nutrition, acceptance, and free will. What we put in our body impacts our mind: how we think and feel. The right foods nourish our cells and reduce physical craving. The right foods also enhance our mental clarity, make us more alert and energetic. I also took responsibility for everything that happened to me and accepted the fact that I couldn't change the past—all those years were wasted. I also accepted the fact that, "If it's to be, it's up to me." No bearded guy in the cloud or 12-step program was going to solve my problems. I had to solve them myself, one day at a time.

Trung Nguyen

JUNKY

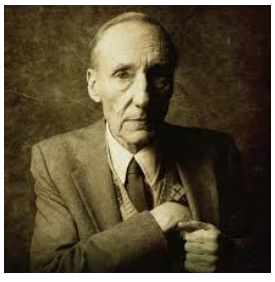
The question is frequently asked: Why does a man become a drug addict?

The answer is that he usually does not intend to become an addict. You don't wake up one morning and decide to be a drug addict. It takes at least three months' shooting twice a day to get any habit at all. And you don't really know what junk sickness is until you have had several habits. It took me almost six months to get my first habit, and then the withdrawal symptoms were mild. I think it no exaggeration to say it takes about a year and several hundred injections to make an addict.

The questions, of course, could be asked: Why did you ever try narcotics? Why did you continue using it long enough to become an addict?

You become a narcotics addict because you do not have strong motivations in the other direction.

Junk wins by default. I tried it as a matter of curiosity. I drifted along taking shots when I could score. I ended up hooked. Most addicts I have talked to report a similar experience. They did not start using drugs for any reason they can remember. They just drifted along until they got hooked. If you have never been addicted, you can have no clear idea what it means to need junk with the addict's special need. You don't decide to be an addict. One morning you wake up sick and you're an addict.



William S. Burroughs

VICE

vice

maleficence, immorality, lechery, carnality, debasement, corruption, decay, depravity, wickedness, lewdness, lust, rot, evil, debauchery, degeneracy

1. A bad or immoral habit.

2. In law enforcement, any of various crimes related (depending on jurisdiction) to prostitution, pornography, gambling, alcohol, or drugs.

In religion, as in life, vice is a matter of perspective. Muslims are not supposed to drink, gamble, or eat pork. Hindus are not supposed to eat beef because cows are considered sacred. Christians, according to the Ten Commandments, are not supposed to lie, steal, work on Sunday, or commit adultery. Jews are not supposed to eat pork and crab because they're considered unclean animals. There are so many contradictions between various religions as to what is considered immoral that it is absurd. Since the vast majority of people on Earth are religious, vice could be classified as a religious matter.

Vice, for the most part, is a matter of perspective. What happens between two consenting adults should be a private matter and not a matter for the state or church. What a person voluntarily puts in their body should be an health issue and not a criminal issue for the state or a moral dilemma for the church.

As we have seen too many times, those who indulge in vice are the very same people who publicly swear to uphold the moral code, namely priests and politicians. Who better to think they can breach trust and go unnoticed but a person in position of trust?

Everything in moderation, as long as it doesn't harm another person or disturb our peace of mind is a good guideline for vice.

Ennui has made more gamblers than avarice, more drunkards than thirst, and perhaps as many suicides as despair.

Buddha

Life is extraordinarily suave and sweet with certain natural, witty, affectionate people who have unusual distinction and are capable of every vice, but who make a display of none in public and about whom no one can affirm they have a single one. There is something supple and secret about them. Besides, their perversity gives spice to their most innocent occupations, such as taking a walk in the garden at night.

Marcel Proust

Every vice has its excuse ready.

Publilius Syrus

He, who practices right, but in the hope of acquiring great renown, is very near to vice.

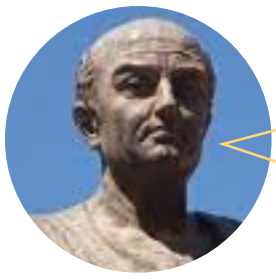
Napoleon Bonaparte

He that is good will infallibly become better, and he that is bad will as certainly become worse; for vice, virtue, and time are three things that never stand still.

Charles Caleb Colton

More people are flattered into virtue than bullied out of vice.

Robert Smith Surtees



It’s a vice to trust all, and equally a vice to trust none.

Seneca

Any of us can achieve virtue, if by virtue we merely mean the avoidance of the vices that do not attract us.

Robert S. Lynd

Vices are their own punishment.

Aesop

Alas, human vices, however horrible one might imagine them to be, contain the proof (were it only in their infinite expansion) of man's longing for the infinite; but it is a longing that often takes the wrong route. It is my belief that the reason behind all culpable excesses lies in this depravation of the sense of the infinite.

Charles Baudelaire

As virtue is its own reward,
so vice is its own punishment.

Thomas Fuller

He that has energy enough to root out a vice should go further, and try to plant a virtue in its place.

Charles Caleb Colton

Vice knows she is ugly, so puts on her mask.

Benjamin Franklin

Half the vices which the world condemns most loudly have seeds of good in them and require moderate use rather than total abstinence.

Samuel Butler

Search other for their virtues, thyself for thy vices.

Benjamin Franklin

The end and perfection of our victories is to avoid the vices.

Alexander the Great

CESSATION

cessation

termination, desistance, ceasing, stop, discontinuance, finish, close, cease

1. A ceasing or discontinuance, as of action, whether temporary or final.

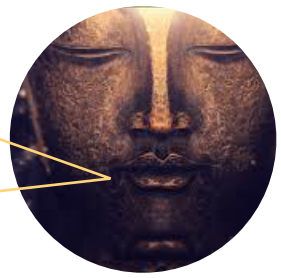
At what point does suffering cease? When we've had enough and put an end to it ourself? Or when others force us to stop the activities that cause suffering? However long suffering endures is up to us. It could take one month or ten years.

The first step to the cessation of suffering is to identify the factors that caused it.
Is it psychological?
Is it physiological?
Is it self-created?
What are the contributing factors?
Are the usual factors of greed, desire, and attachment involved?
Who are the people involved?
What events are involved?
What are the triggers?

All these answers will come into consciousness after prolonged periods of meditation.

Remember, to cease suffering is to denounce blame. Accept responsibility for the consequence of our choices, even if they were made out of ignorance.

No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.



Buddha

Sometimes you have to take a step back to move forward.

Erika Taylor

Forget what hurt you but never forget what it taught you.

Naturalopist

I used to think nobody liked me and nobody wanted to help me. No. People were waiting for me to do the right thing. Once you help yourself, people will help you. That's just how it goes, and I found out late. People are just waiting for you to change so they can participate in cultivating your life. Or, they're waiting for you to kill yourself and watch you self-destruct. It just took so long for me to realize that people didn't just hate me. They hated the behavior they saw and they wanted to help me if they could, if I gave them a chance and try to start by helping myself.

Mike Tyson

Nirvana means to extinguish the burning fires of the Three Poisons: greed, anger, and ignorance. This can be accomplished by letting go of dissatisfaction.

Shinjo Ito

How many times do you need to get hurt for you to know it’s time to let go?

Naturalopist

You’ve got to be willing to lose everything to gain yourself.

Iyanla Vanzant

If you want to stop doing something one day, save yourself time and stop doing it now.

Trung Nguyen

I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over Self.

Aristotle

You can only help those who are willing to help themselves.

Leeanne Stewart

To understand a sick mind (addiction) is to have been there. To support a sick mind is to have been there, but to carry a sick mind is to go back there!

Naturalopist

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell.

Buddha

If you don't like where you are, move.
You are not a tree.

Chris Freytag

What you resist persists.

Carl Jung

Sometimes our lives have to be completely shaken up, changed, and rearranged to relocate us to the place we're meant to be.

Naturalopist

All the advice in the world will never help you until you help yourself.

Fred Van Amburgh

PRECEPT 17

FORGIVENESS

forgiveness

mercy, clemency, compassion, grace, charity, vindication, pardon

1. The action of forgiving (accepting errors or shortcomings in Self and others).

Forgiveness is about remedying transgressions against us in the right way. The right way means that the transgressor is punished and we have peace of mind. Although, we do not need to deliver the punishment ourself—the justice system and karma are adequate punishers. However, we do have to forgive the transgressors to attain peace of mind.

Pragmatically, justice and forgiveness are different processes—never confuse justice with forgiveness. We can have justice applied to the offender and at the same time forgive them—justice needs to take its course if the transgression is illegal, in order to reduce the offender's chance of doing it again to another person. For example, domestic violence, stalking, harassment, emotional abuse (mental anguish), physical abuse, drugging, sexual assault (rape), and even uttering threats are all recognized as indictable offenses under most common law jurisdictions. If we are the victim of any of them, we must report them, speak out against them, and let due process take place. While justice takes its course, we should forgive the wrongdoer to rid ourself of a burden. Forgiveness does not mean we condone or accept what someone has done; forgiveness means that we want to distance ourself from the transgressor and the event, as to unburden ourself. This allows us to devote our time and energy to productive activities rather than the past.

Aside from the obvious criminal laws, there are also tort laws (lawsuit in civil court) that protect us from egregious transgressions. The three types of tort laws are inten-

tional torts, negligence torts, and liability torts. As one example, unintentional/intentional emotional distress (torment, mental anguish) causing injury, unhappiness, or loss of income is a tort and can be pursued in civil court. In some jurisdictions, adultery can also be pursued in a civil court or criminal court.

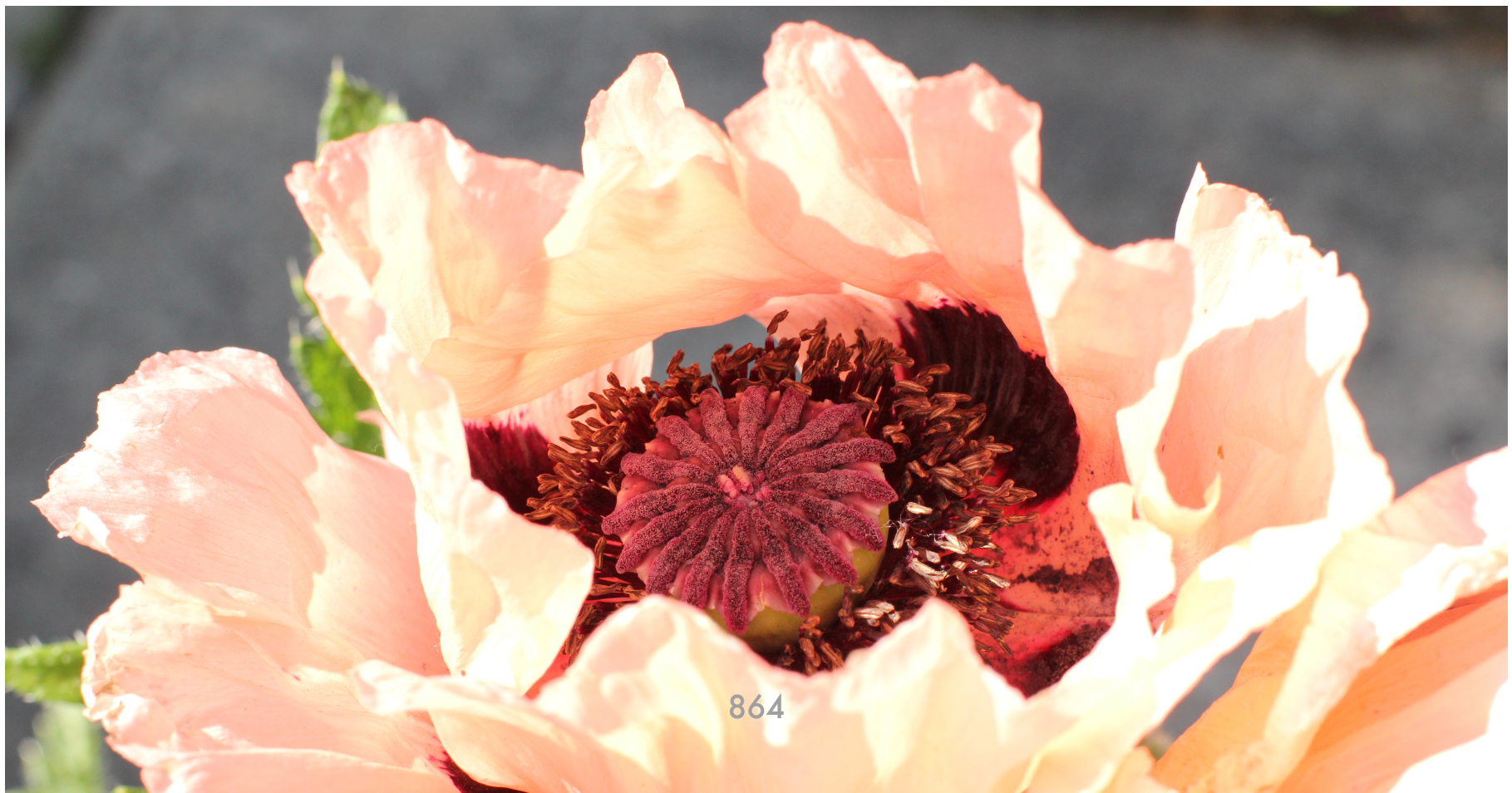
Legality and philosophy are different spheres. If a wrong, either civil or criminal, has been performed against us, report it and let due process take its course. Then forgive the tortfeasor or criminal. By reporting a crime to the justice system, we reduce the chance of the culprit hurting another person. However, in a case of a tort (civil wrongdoing), use common sense:

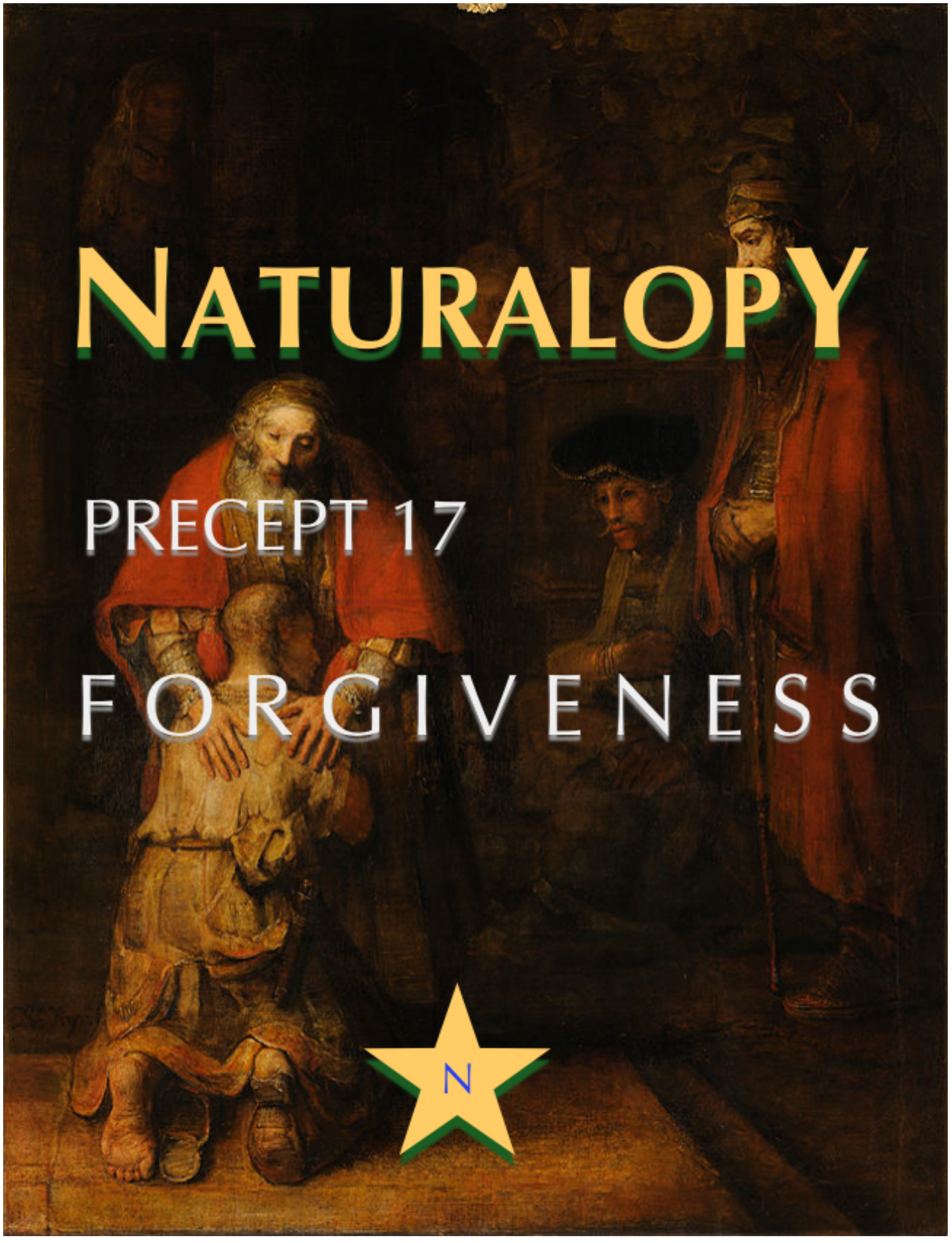
Is it worth our time and energy?
Are we doing it only to seek revenge?
Will it help someone else?

Again, never confuse justice with forgiveness. We should impose both, but never confuse the two as being the same. Justice is for the common good; forgiveness is for our personal good… and peace of mind.

As for the slights, or perceived slights, that are part of daily life—there is so much to do, who has time for small, inconsequential silliness? Let karma take care of the transgressors.

Forgive and move on.




NATURALOPY
PRECEPT 17
FORGIVENESS
N

I believe in the forgiveness of sin and the redemption of ignorance.

Adlai E. Stevenson, Jr.

Those who cannot forgive others break the bridge over which they themselves must pass.

Confucius

Always forgive, but never forget. If you forget, when the lesson of the past is needed, it may be lost. But if you forgive, when the lesson of the past is heeded, it may be what is needed so you can move forward in life.

Mattie J.T. Stepanek

Forgiveness is me giving up my right to hurt you for hurting me.

Naturalopist

True forgiveness is when you can say, “Thank you for that experience.”

Oprah Winfrey

A grudge is the heaviest thing to carry in life. You need to forgive in order to move on.

Motherly Advice

The weak can never forgive. Forgiveness is the attribute of the strong.

Mahatma Gandhi

When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.

Katherine Ponder

Once a woman has forgiven her man, she must not reheat his sins for breakfast.

Marlene Dietrich

It is easier to forgive an enemy than to forgive a friend.

William Blake

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

Robert Muller

Forgiveness does not change the past, but it does enlarge the future.

Paul Boese

Without being forgiven, released from the consequences of what we have done, our capacity to act would, as it were, be confined to a single deed from which we could never recover; we would remain the victims of its consequences forever, not unlike the sorcerer's apprentice, who lacked the magic formula to break the spell.

Hannah Arendt

Always forgive your enemies—nothing annoys them so much.

Oscar Wilde

He who has not forgiven an enemy has never yet tasted one of the most sublime enjoyments of life.

Johann Lavater

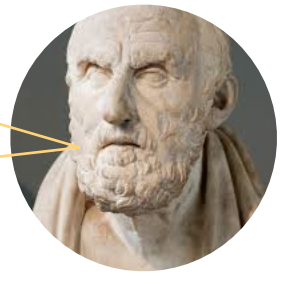
If you haven't forgiven yourself something, how can you forgive others?

Dolores Huerta

Only the brave know how to forgive. A coward never forgave; it is not in his nature.

Laurence Sterne

Forgiveness is better than revenge, for forgiveness is the sign of a gentle nature, but revenge is the sign of a savage nature.



Epictetus

Keeping score of old scores and scars, getting even and one-upping, always makes you less than you are.

Malcolm Forbes

Forgiveness does not always lead to a healed relationship. Some people are not capable of love, and it may be wise to let them go along with your anger. Just wish them well and take care of yourself.

Naturalopist

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

Robert Muller

A winner rebukes and forgives; a loser is too timid to rebuke and too petty to forgive.

Sidney J. Harris

One of the secrets of a long and fruitful life is to forgive everybody everything every night before you go to bed.

Ann Landers

Walter Kauffman

The supreme act of courage is that of forgiving ourselves.

That which I was not but could have been.
That which I would have done but did not do.

Can I find the fortitude to remember in truth,
to understand, to submit, to forgive
and to be free to move on in time?

In our society, forgiveness is often seen as weakness. People who forgive those who have hurt them or their family are made to look as if they really don't care about their loved ones. But forgiveness is tremendous strength. It is the action of someone who refuses to be consumed by hatred and revenge.

Helen Prejean

Practicing forgives does not mean accepting wrong doing.

Dalai Lama XIV

A crude way of forgiving another person is to say, “You are forgiven. You have been a waste of my time and energy. I want nothing to do with you anymore. Now, go waste someone else’s time.”

Trung Nguyen

Forgiveness is the answer to the child's dream of a miracle by which what is broken is made whole again, what is soiled is again made clean.

Forgiveness breaks the chain of causality because he who forgives you—out of love—takes upon himself the consequences of what you have done. Forgiveness, therefore, always entails a sacrifice.

Dag Hammarskjold

Forgiveness is a favour we do for ourselves, not a favour we do to the other party.

Harold S. Kushner

Forgive yourself for not knowing what you didn't know before you learned it.

Doe Zantamata

Hate no one, no matter how much they've wronged you. Live humbly, no matter how wealthy you become. Think positively, no matter how hard life is. Give much, even if you've been given little. Keep in touch with the ones who have forgotten you, and forgive who has wronged you, and do not stop praying for the best for those you love.

Ali Ibn Abi Talib RA

Until we have seen someone's darkness we don't really know who they are. Until we have forgiven someone's darkness, we don't really know what love is.

Marianne Williamson

To forgive is to set a prisoner free and discover that the prisoner was you.

Lewis Smedes

Life becomes easier when you learn to accept the apology you never got.

R. Brault

Life is too short to wake up in the morning with regrets. So love the people who treat you right, forget about the ones who don't and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said that it'd be easy, they just promised it would be worth it.

Harvey MacKay

As I walked out the door toward my freedom I knew that if I did not leave all the anger, hatred, and bitterness behind, I would still be in prison.

Nelson Mandela

REVENGE

revenge

spitefulness, satisfaction, fight, malevolence, vendetta, vengeance, reprisal

1. Any form of personal retaliatory action against an individual, institution, or group for some perceived harm or injustice.

For every wrong that has occurred, we can perceive ourself as a victim of circumstance, a victim of choice, or neither (not a victim at all). As a perceived victim of circumstance, we become a victim of our own mind, and therefore the desire for revenge. However, personal revenge should never be an option for a rational person. Depending on the act, let karma or the justice system perform the revenge for us. Seldom is an act performed in isolation—it has a previous act. For slights and mistreatments, eventually the perpetrator will be buried with guilt and be punished by discomfort, they'll make mistakes, then the balancing force of karma will take over.

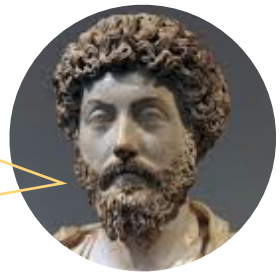
In seeking personal revenge, we are telling ourself, "I have nothing better to do with my time than to spend it on someone I pity, or even detest."

Revenge doesn't change want has happened, it only provides temporary satisfaction. Once that satisfaction subsides, we're back on the revenge treadmill until we become consumed with it. Abstain from seeking revenge. There is absolutely nothing for us to gain by having a personal vendetta. Personal revenge is a waste of time and energy.

One purpose in life is to do good for ourself, and not bad to another person. We gain nothing by doing evil to another being—we build nothing and nothing endures, just painful regrets later in life. We need not waste precious time and energy seeking revenge ourself. Karma and the justice system are the best revenge mechanisms.

Forgive and live a life so productive life that even the transgressors will envy.

The best revenge is to be unlike him who performed the injury.



Marcus Aurelius

The best revenge is massive success.

Frank Sinatra

When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending.

Thích Nhất Hạnh

Revenge, at first though sweet. Bitter ere long back on itself recoils.

John Milton

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.

I want revenge, but I don't want to screw up my karma.

Susane Colasanti

There is no revenge so complete as forgiveness.

Josh Billings

Revenge can be bitter sweet, but if you sit back and watch, karma can be pure entertainment.

Narendra Nekkanti

In taking revenge, a man is but even with his enemy, but in passing it over he is superior.

Francis Bacon

When you have the power to screw people over and you don't—well, that's when you get to show who you really are.

Joseph Finder

Revenge is the law of the outlaws.

Laura Blumefeld

Revenge is like biting a dog because the dog bit you.

Austin O'Malley

Hatred does not cease by hatred, but only by love; this is the eternal rule.

Buddha

Retribution often means that we eventually do to ourselves what we have done unto others.

Eric Hoffer

The supreme art of war is to subdue the enemy without fighting.

Sun Tzu

Bad things will happen in life. People will hurt you. But you can’t use that as an excuse to hurt someone else back.

Forgive and move on.

Naturalopist

An eye for an eye will only make the whole world blind.

Mahatma Gandhi

He who has revenge in his power, and does not use it, is the greater man.

Wellins Calcott

Harmful people are hurt-filled and need our support, not our opinions.

Naturalopist

Only the dead have seen the end of war.

Plato

Before you embark on a journey of revenge, dig two graves.

Confucius

Those who are free of resentful thoughts surely find peace.

Buddha

An immature person seeks revenge. A mature person moves on while karma does her dirty work.

Naturalopist

Whenever encountering a troublesome person, do not identify him as being cruel or stupid or rude or anything else like that. Instead, see him as a frightened person.

Vernon Howard

The best revenge is moving on and getting over it. Don't give someone the satisfaction of watching you suffer.

Naturalopist

The best revenge of all: happiness. Nothing drives people crazier than seeing someone have a good life.

Chuck Palahniuk

It is a man's own mind, not his enemy or foe, that lures him to evil ways.

Buddha

Simi Ngr

Weak people believe in revenge.
Strong people believe in forgiving.
And Intelligent people believe in ignoring!

PEACE

peace of mind

comfort, pleasure, contentment, well-being, bliss, serenity, delight, elation, clear conscience, tranquility, calmness, inner peace

1. The absence of mental stress or anxiety.

If peace of mind is the absence of mental stress or anxiety, a person who doesn't have peace of mind needs to ask, "What is causing my stress or anxiety?" In many, their mental anguish is caused by their interpretation of external events—things beyond their control. What happens outside of us is not in our control; we can only control our thoughts and behavior. That is, we can only resolve internal conflicts, not external events. And one pressing internal conflict we face is whether to forgive our transgressors, or perceived transgressors. Well, forgiving provides solace, thus peace of mind.

Another way to look at peace of mind is having a clear conscience—knowing that we are living in accordance with Nature, not harming ourself or another being. As examples, addiction and vice bring turmoil and dis-ease; and desiring something or someone that is not within our power invites mental anguish. In general, wanting to control something not within our power brings stress and anxiety; two examples are living in the past and worrying about the future. Peace of mind is about living in the present.

According to Napoleon Hill, there are four steps to peace of mind:

1. Have a purpose, a goal, a direction, something to work toward everyday.
2. Have a plan—a definitive plan with concrete steps and timeline.
3. Disregard all negative influences—avoid negative people, negative news, etc.
4. Partner with people who encourage us to work toward that goal everyday.

Of all the enduring luxuries of life, peace of mind is the most desired and elusive.

Every goal, every action, every thought, every feeling one experiences, whether it be consciously or subconsciously known, is an attempt to increase one's level of peace of mind.

Sydney Madwed

Peace comes from within. Do not seek it without.

Buddha

When you find peace within yourself, you become the kind of person who can live at peace with others.

Peace Pilgram

If there is light in the soul, there will be beauty in the person.
If there is beauty in the person, there will be harmony in the house.
If there is harmony in the house, there will be order in the nation.
If there is order in the nation, there will be peace in the world.

和

Chinese Proverb

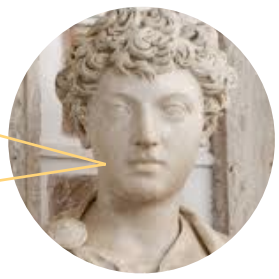
Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.

John Wooden

When you've seen beyond yourself, then you may find, peace of mind is waiting there.

George Harrison

He who lives in harmony with himself lives in harmony with the universe.

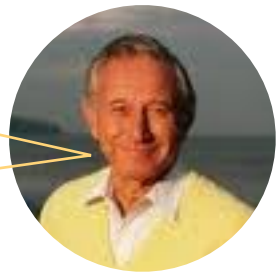


Marcus Aurelius

If you wish to experience peace, provide peace for another.

Dalai Lama XIV

Peace of mind comes from not wanting to change others.



Gerald Jampolsky

Nothing is more conducive to peace of mind than not having any opinion at all.

Georg C. Lichtenberg

First keep the peace within yourself, then you can also bring peace to others.

Thomas Kempis

For every minute you remain angry, you give up sixty seconds of peace of mind.

Ralph Waldo Emerson

Promise yourself to be so strong that nothing can disturb your peace of mind.

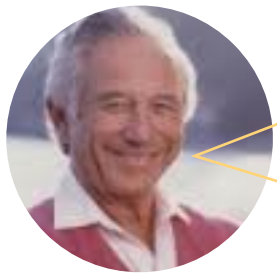
Christian D. Larson

If you have inner peace, nobody can force you to be a slave to the outer reality.

Sri Chinmoy

Nothing is a greater impediment to being on good terms with others than being ill at ease with yourself.

Honore de Balzac



I can have peace of mind only when I forgive rather than judge.

Gerald Jampolsky

Better than a thousand hollow words, is one word that brings peace.

Buddha

There is no greater wealth in the world than peace of mind.

Naturalopist

Those who are at war with others are not at peace with themselves.

William Hazlit

Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.

Buddha

If you want peace, stop fighting. If you want peace of mind, stop fighting with your thoughts.

Peter McWilliams

My peace of mind is not disturbed today by things beyond my control.

Naturalopist

World peace, like community peace, does not require that each man love his neighbor—it requires only that they live together with mutual tolerance, submitting their disputes to a just and peaceful settlement.

John F. Kennedy

Set peace of mind as your highest goal and organize your life around it.

Brian Tracy

I have always believed that exercise is the key not only to physical health but to peace of mind.

Nelson Mandela

Peace of mind produces right values, right values produce right thoughts. Right thoughts produce right actions.

Naturalopist

Human beings are of such nature that they should have not only material facilities but spiritual sustenance as well. Without spiritual sustenance, it is difficult to get and maintain peace of mind.

Dalai Lama XIV

Peace: It does not mean to be in a place where there is no noise, trouble, or hard work; it means to be in the midst of those things and still be calm in your heart.

Naturalopist

Only the just man enjoys peace of mind.

Epicurus

Success in highest and noblest form calls for peace of mind and enjoyment and happiness which comes only to the man who has found the work he likes best.

Napoleon Hill

I keep my mind focused on peace, harmony, health, love and abundance. Then, I can't be distracted by doubt, anxiety, or fear.

Edith Armstrong

Do not let the behaviour of others destroy your inner peace.

Dalai Lama XIV

METAMORPHOSIS

metamorphosis

evolution, change, transmutation, rebirth

1. A noticeable change in character, appearance, function or condition.

We change and elevate to a higher consciousness when these conditions are present:

1. We have resolved internal conflicts.
2. We have forgiven ourself for our transgressions toward others.
3. We have forgiven others for their transgressions against us.
4. We have attained an objective mindset.
5. We have peace of mind.

Possessing an objective mindset is crucial to metamorphosis. An objective mindset is the uncanny ability to accept what is right rather than who is right. For example, all those slights and transgressions against us, were they based on facts or were they *perceived* slights and transgressions? A subjective mindset believes that we are the victim of circumstance and rarely is it our fault. A subjective mindset is frequently wrong. The interpretations of a subjective mind is one-sided, biased. It chooses to perceive who is right rather than what is right.

If we recount some of the defining moments of our past, were we an innocent victim of circumstance, or were we a victim of choice? Or a bit of both? The truth is often in the middle. Change can only come when we accept responsibility for our past and our role in it. In each defining moment, we had an alternative choice. The subjective mindset won't accept it because it's a blow against the ego. It hurts to admit we were wrong.

A transition from a subjective mindset to an objective mindset is arduous and vexing because it requires us to let go of our old worldview. An objective mindset (what is

right rather than who is right) requires us to reinterpret personal events, forgo traditional knowledge passed through culture, and entertain new ideas and perspectives. Metamorphosis requires that we develop an objective mindset to accept what is right rather than who is right. For example, what is right is to always forgive ourself and others.

Many people die as they were born, never knowing the truth about life and the meaning of life. This is because they choose to see the world through a subjective mind—their interpretation of events as truth, even though erroneous.

Develop an objective mindset and metamorphosis will follow naturally.

If you want to fly, you have to give up the stuff that weights you down.

Toni Morrison

Life is hard yard by yard. Inch by inch, it’s a cinch.

John Bytheway

Don’t waste your time looking back for what you have lost, move on. For life wasn’t meant to be traveled backward, but to be lived forward.

Naturalopist

You can only lose what you cling to.

Buddha

Never regret. If it's good, it's wonderful. If it's bad, it's experience.

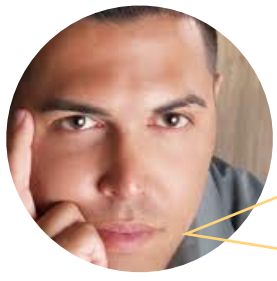
Victoria Holt

The greatest healing therapy is friendship and love.

Hubert H. Humphrey

Sometimes the hardest part isn't letting go but rather learning to start over.

Nicole Sobon



The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.

Steve Maraboli

Nothing ever goes away until it has taught us what we need to know.

Pema Chodron

Holding a grudge is letting someone live rent-free in your head.

Naturalopist

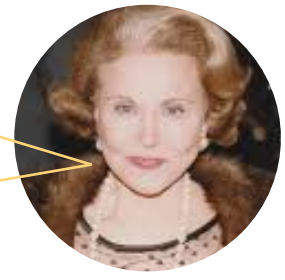
I think that the power is the principle. The principle of moving forward, as though you have the confidence to move forward, eventually gives you confidence when you look back and see what you've done.

Robert Downey, Jr.

Content thyself to be obscurely good. When vice prevails, and impious men bear sway, the post of honor is a private station.

Joseph Addison

Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it.



Ann Lander

Forgive and move on with your life because the person you haven't forgiven has forgiven themself and moved on.

Naturalopist

They can't stop talking about my transformation. But I can only do it once in my lifetime. If only they knew that they can transform at any time and in countless ways.

Naturalopist

Nothing happens until the pain of remaining the same outweighs the pain of change.

Arthur Burt

Don’t dwell on what went wrong. Instead, focus on what to do next. Spend your energy moving forward together towards an answer.

Denis Waitley

Letting go doesn’t mean giving up, but rather accepting that there are things that cannot be.

Naturalopist

Cry me a river, build a bridge, and get over it.

Justin Timberlake

Cry. Forgive. Learn. Move on. Let your tears water the seeds of your future happiness.

Steve Maraboli

Get mad, then get over it.

Colin Powell

People can be more forgiving than you can imagine. But you have to forgive yourself. Let go of what's bitter and move on.

Victoria Holt

A bridge can still be built, while the bitter waters are flowing beneath.

Anthony Liccione

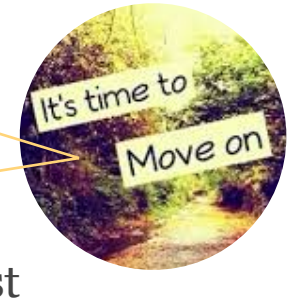
If everyone is moving forward together, then success takes care of itself.

Henry Ford

In order to move on, you must understand why you felt what you did and why you no longer need to feel it.

Mitch Albom

Sometimes you have to move on without certain people. If they're meant to be in your life, they'll catch up.



Naturalopist

There comes a time when you have to stop crossing oceans for people who wouldn't jump puddles for you.

Naturalopist

Anything I cannot transform into something marvelous, I let go.

Anais Nin

PRECEPT 18

SALVATION

salvation

emancipation, liberation, pardon, reprieve

1. The process of being saved; the state of having been saved from error, immorality, transgression, crime, ignorance, or misdeeds.

2. The process of being restored or made new for the purpose of becoming saved; the process of being rid of the old poor quality conditions and becoming improved.

The road from suffering to salvation is a transformational journey, one that is a universal experience. The journey exists because life did not come with a manual, and for this reason we experiment and make mistakes—we are not sinners. We experiment and make mistakes. As a result, our accumulated mistakes and wrongdoings create suffering. Many people view this suffering as an evil, when it is only karma that needs to be remedied and rebalanced.

Without salvation, our mind is tormented with conflict. Only through salvation can we have peace of mind. The steps to salvation are:

1. Acknowledge our wrongs. Use the objective mindset to accept our role.

2. Accept our wrongs. Do not blame anyone for our lot in life.

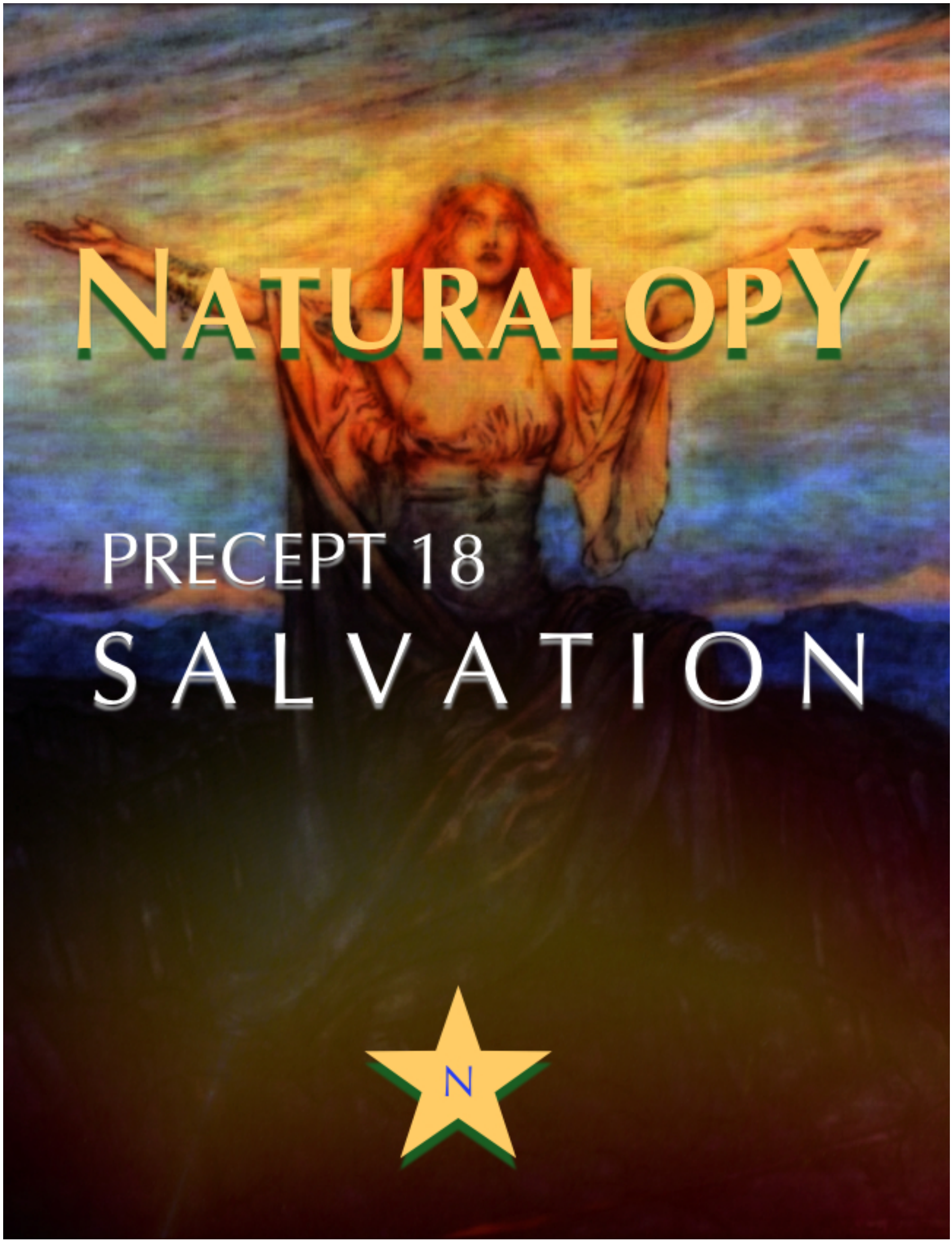
3. Accept that our wrongs cannot be undone. We have to live with what we've done and what was done to us. The past cannot be changed.

4. Do good to right those wrongs, so eventually the good deeds outweigh the wrong-doings of the past.

Salvation also requires that we relinquish the victim mentality. When we perceive ourself as a victim of circumstance, we hold onto the past and blame others for who we've become.

The road from suffering to salvation is a conscious decision, one that requires us to be proactive. What would life be if we only experienced joy?

If we want to move on from the dark past, replace it with the light of the future.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Work out your own salvation.
Do not depend on others.

Buddha

There is never time in the future in which we will work out our salvation. The challenge is in the moment; the time is always now.

James A. Baldwin

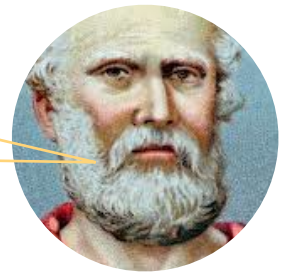
Your eternal salvation is the reason for being.

Naturalopist

It is better to conquer yourself than to win a thousand battles. That way the victory is yours. It cannot be taken from you, not by angels, demons, heaven, or hell.

Buddha

Courage is a kind of salvation.



Plato

Human salvation demands the divine disclosure of truths surpassing reason.

Thomas Aquinas

Something very beautiful happens to people when their world has fallen apart: a humility, a nobility, a higher intelligence emerges at just the point when our knees hit the floor.

Marianne Williamson

All the beautiful things in life are those we can't touch: forgiveness, love, salvation, and the undying desire to be in the memories of those we love most in the Afterlife.

Trung Nguyen

Acquire inner peace and a multitude will find their salvation near you.

Catherine de Hueck Doherty

Do good and feel good.
Do bad and feel bad.
It's that simple.

Naturalopist

The Ego says, "Once everything falls into place, I will find peace.

The Spirit says, "Find peace, and everything will fall into place."

Marianne Williamson

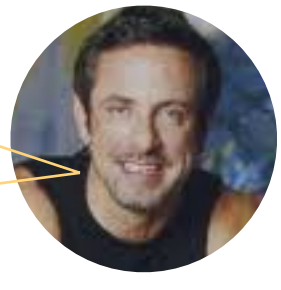
The only test of a soul's salvation is its inward happiness.

Lin Yutang

Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

William James

Any fool can be happy. It takes a man with real heart to make beauty out of the stuff that makes us weep.



Clive Barker

For me to be a saint means to be myself. Therefore, the problem of sanctity and salvation is in fact the problem of finding out who I am and of discovering my true self.

Thomas Merton

There's no need to talk about it, because the truth of what one says lies in what one does.

Bernhard Schlink

Only a just person enjoys peace of mind.

Epicurus

For a woman, all resurrection, all salvation, from whatever perdition, lies in love; in fact, it is her only way to it.

Fyodor Dostoyevsky

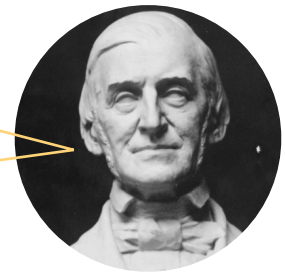
The salvation of a single soul is more important than the production or preservation of all the epics and tragedies in the world.

C.S. Lewis

Three things are necessary for the salvation of man:
to know what he ought to believe;
to know what he ought to desire;
and to know what he ought to do.

St. Thomas Aquinas

Nothing can bring you peace but yourself. Nothing can bring you peace but the triumph of principles.



Ralph Waldo Emerson

The first step in a person's salvation is knowledge of their sin.

Seneca

Do not confuse peace of mind with spaced-out insensitivity. A truly peaceful mind is very sensitive, very aware.

Dalai Lama XIV

You know you've made the right decision when there is peace in your heart.

Naturalopist

Two things rob people of their peace of mind:
work unfinished and work not yet begun.

do it

Naturalopist

An error does not become a mistake
until you refuse to correct it.

Orlando A. Battista

You begin to heal when you let go of past hurts, forgive those who wronged you, and learn to forgive yourself for your mistakes.

Naturalopist

Let the struggle and hardship you face today be-
come your life tools for tomorrow.

Trung Nguyen

DON’T WORRY, BE HAPPY

Here's a little song I wrote
You might want to sing it note for note
Don't worry be happy
In every life we have some trouble
When you worry you make it double
Don't worry, be happy

Ain't got no place to lay your head
Somebody came and took your bed
Don't worry, be happy
The land lord say your rent is late
He may have to litigate
Don't worry, be happy
(Look at me I am happy)

Here I give you my phone number
When you worry call me, I make you happy
Ooh, ooh ooh ooh oo-ooh ooh oo-ooh ooh ooh oo-ooh
(Don't worry)
Ooh oo-ooh ooh ooh oo-ooh
(Be happy)
Ooh oo-ooh oo-ooh

Ain't got no cash, ain't got no style
Ain't got no girl to make you smile
But don't worry be happy
'Cause when you worry
Your face will frown
And that will bring everybody down
So don't worry, be happy

Don't worry, be happy now

Bobby McFerrin

REDEMPTION

redemption

atonement, reparation, reclamation, restitution

1. An element of salvation to express deliverance from error, immorality, transgression, crime, ignorance, or misdeed.

Remember, life did not come with a manual. Life is a learning process. We are not sinners, we make mistakes. The better choices we make, the higher our quality of life. This is the Naturalopic view of life. Therefore, punishment for wrongdoing should not be viewed as eternal damnation in burning hell, but karma to be rebalanced (hell doesn't exist anyway).

We do wrong due to ignorance, incomplete information, or miseducation. No one is born stupid—a stupid person is one who can't learn. An ignorant person is one who has not been enlightened. However, most people are miseducated, therefore making them ignorant. The media, government, religious institutions, and corporations present us with obfuscated facts without us realizing it. For the aforementioned reasons, many of us make poor choices. These poor choices lead to suffering, then when the pain is unbearable, the natural desire to redeem ourself arises.

Redemption is a journey to rebalance our karma. This requires that we first acknowledge the cause of our suffering, then to make right our wrongs. Since we cannot undo the wrongs of the past, the path to redemption is to perform good deeds to replace the wrongs of the past.

There is redemptive power in performing good deeds. When those good deeds are done in abundance, they replace the unskillful deeds of the past. That is redemption in action. No amount of words will undo the past, only good deeds to replace it.

I believe that the world was created and approved by love, that it subsists, coheres, and endures by love, and that, insofar as it is redeemable, it can be redeemed only by love.

Wendell Berry

To help the young soul, to add energy, inspire hope, and blow the coals into a useful flame; to redeem defeat by new thought and firm action, this, though not easy, is the work of divine man.

Ralph Waldo Emerson

I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh, and too many of the elders have forgotten how to love. Would not our lives be lightened if only we could all learn to laugh more easily at ourselves and to love one another.

Theodore Hesburgh

In the long run, the power of kindness can redeem beyond the power of force to destroy. There is a vast reservoir of kindness that we can no longer afford do disregard.

John A. MacAulay

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone.

Audrey Hepburn

The only thing that will redeem mankind is cooperation.

Bertrand Russell

Love has within it a redemptive power. And there is a power there that eventually transforms individuals. Just keep being friendly to that person. Just keep loving them, and they can't stand it too long. Oh, they react in many ways in the beginning. They react with guilty feelings, and sometimes they'll hate you a little more at that transition period, but just keep loving them. And by the power of your love they will break down under the load. That's love, you see. It is redemptive.

Martin Luther King, Jr.

I believe in the forgiveness of sin and the redemption of ignorance.

Adlai Stevenson

It is his capacity for self-improvement and self-redemption which most distinguishes man from the mere brute.

Aung San Suu Kyi

Redemption is something you have to fight for in a very personal, down-dirty way. Some of our characters lose that, some stray from that, and some regain it.

Joss Whedon

The doctrine of Redemption is the fundamental mystery, and whoso believeth in it shall not perish, but have everlasting life in which to try to understand it.

Ambrose Bierce

Acknowledgment—when you have done wrong and want to remedy it—that is the beginning of redemption; hard work, persistence, and patience are the middle; and peace of mind is the completion of redemption. That is when your karma is rebalanced.

Trung Nguyen

Redemption is not final. The redeemed must learn from their mistakes and help others avoid those mistakes.

Naturalopist

The day misspent,
the love misplaced
has inside them the seed of redemption.
Nothing is exempt from resurrection.

Kay Ryan

Wherever my story takes me, however dark and difficult the theme, there is always some hope and redemption, not because readers like happy endings, but because I am an optimist at heart. I know the sun will rise in the morning, that there is a light at the end of every tunnel.

Michael Morpurgo

No matter what a waste one has made of one's life, it is ever possible to find some path to redemption, however partial.

Charles Frazier

People find meaning and redemption in the most unusual human connections.

Khaled Hosseini

Hell is yourself and the only redemption is when a person puts himself aside to feel deeply for another person.

Tennessee Williams

I'm a triathlete. Running is when I do my best living and my best thinking. I love the discipline, pushing yourself to suffer as much as you can, because it leads to a form of redemption.

Naomi Benaron

The idea of redemption is always good news, even if it means sacrifice or some difficult times.

Patti Smith

WALK TO THE HAPPY SIDE OF LIFE

There comes a time in your life when you walk away from all the drama and people who create it.

You surround yourself with people who make you laugh. Forget the bad, and FOCUS ON THE GOOD. Love the people who treat you right, pray for the ones who don't.

Life is too short to be anything but HAPPY. Falling down is part of life, getting back up is living.

Jose N. Harris

HEAL THE WOUNDS OF YOUR PAST

Until you heal the wounds of your past, you are going to bleed. You can bandage the bleeding with food, with alcohol, with drugs, with work, with cigarettes, with sex, but eventually it will ooze through and stain your life.

You must find the strength to open the wounds, stick your hands inside, pull out the core of the pain that is holding you in your past, the memories and make peace with them.

Iyanla Vanzant

PRECEPT 19

LIBERTY

liberty

choice, autonomy, birthright, emancipation, independence, natural rights

1. The condition of being free from imprisonment, slavery or forced labour.

2. The condition of being free to act, believe or express oneself as one chooses.

3. The condition of being free from control or restrictions.

Humans are born to be free; to explore, mingle, share, move, express, learn, and grow. These are the inherent natural rights of every Human Being. But humans are also complicated and selfish creatures, thus the state's need to suppress and deny these liberties. Unfettered liberty culminates in either anarchy or dictatorship. Thus, individual liberties such as freedom of speech, freedom of religion, and freedom to assemble are sometimes suppressed for the common good—carte blanche liberty is detrimental to state security. At least that is what governments tell its people.

In order to have a structured, safe, and secure nation, citizens cannot be given unrestricted natural rights. Because, again, many or most humans are selfish by nature. And a few are greedy beyond reason. Therefore, the common good (good of the state) must supersede individual liberties, even if it is enforced with the gun.

Liberty is a complicated subject in theory, and even more complicated in practice, especially when it involves governing billions of people of different cultures. Ideally, all societies should include these components of liberty:

- freedom of speech
- freedom of the press
- freedom of religion
- freedom of movement
- economic freedom
- political freedom
- freedom to associate

- freedom from harm
- justice

Liberty encompasses sociology, politics, economics, and law. We know from history that the ideals of western democracy are unsuited for many cultures—some nations have fared well under socialism and theocracy, even when many natural rights are restricted or denied. However, emigration and immigration statistics have shown that people tend to gravitate toward nations that have the most liberties. But, nations with the most liberties are not necessarily the safest, nor the wealthiest, nor the most equitable, nor the most just.

Without liberty, we would have a body without a mind or soul—we would be caged animals without liberties. We would merely exist as a cog and number in a mechanical system. On the other hand, when there is unchecked liberty, the selfish, the greedy, and the sycophant among us usurp the system.

The discussion of individual liberty versus the common good is a contentious and endless debate. Like most things in life, when there are two extremes the middle ground is often the workable solution.

Liberty is a balancing act.

The Spirit Of Civil Disobedience

Howard Zinn, 1970

I start from the supposition that the world is topsy-turvy, that things are all wrong, that the wrong people are in jail and the wrong people are out of jail, that the wrong people are in power and the wrong people are out of power, that the wealth is distributed in this country and the world in such a way as not simply to require small reform but to require a drastic reallocation of wealth.

I start from the supposition that we don't have to say too much about this because all we have to do is think about the state of the world today and realize that things are all upside down. Daniel Berrigan is in jail—A Catholic priest, a poet who opposes the war—and J. Edgar Hoover is free, you see. David Dellinger, who has opposed war ever since he was this high and who has used all of his energy and passion against it, is in danger of going to jail. The men who are responsible for the My Lai massacre are not on trial; they are in Washington serving various functions, primary and subordinate, that have to do with the unleashing of massacres, which surprise them when they occur. At Kent State University four students were killed by the National Guard and students were indicted. In every city in this country, when demonstrations take place, the protesters, whether they have demonstrated or not, whatever they have done, are assaulted and clubbed by police, and then they are arrested for assaulting a police officer.

Now, I have been studying very closely what happens every day in the courts in Boston, Massachusetts. You would be astounded—maybe you wouldn't, maybe you have been around, maybe you have lived, maybe you have thought, maybe you have been hit—at how the daily rounds of injustice make their way through this marvelous thing that we call due process. Well, that is my premise.

All you have to do is read the Soledad letters of George Jackson, who was sentenced to one year to life, of which he spent ten years, for a seventy-dollar robbery of a filling station. And then there is the U.S. Senator who is alleged to keep 185,000 dollars a year, or something like that, on the oil depletion allowance. One is theft; the other is legislation. Something is wrong, something is terribly wrong when we ship 10,000 bombs full of nerve gas across the country, and drop them in somebody else's swimming pool so as not to trouble our own. So you lose your perspective after a while. If you don't think, if you just listen to TV and read scholarly things, you actually begin to think that things are not so bad, or that just little things are wrong. But you have to get a little detached, and then come back and look at the world, and you are horrified. So we have to start from that supposition—that things are really topsy-turvy.

And our topic is topsy-turvy: civil disobedience. As soon as you say the topic is civil disobedience, you are saying our problem is civil disobedience. That is not our problem.... Our problem is civil obedience. Our problem is the numbers of people all over the world who have obeyed the dictates of the leaders of their government and have gone to war, and millions have been killed because of this obedience. And our problem is that scene in *All Quiet on the Western Front* where the schoolboys march off dutifully in a line to war. Our problem is that people are obedient all over the world, in the face of poverty and starvation and stupidity, and war and cruelty. Our problem is that people are obedient while the jails are full of petty thieves, and all the while the grand thieves are running the country. That's our problem.

We recognize this for Nazi Germany. We know that the problem there was obedience, that the people obeyed Hitler. People obeyed; that was wrong. They should have challenged, and they should have resisted; and if we were only there, we would have showed them. Even in Stalin's Russia we can understand that; people are obedient, all these herd-like people.

But America is different. That is what we've all been brought up on. From the time we are this high and I still hear it resounding in Mr. Frankel's statement—you tick off, one, two, three, four, five lovely things about America that we don't want disturbed very much. But if we have learned anything in the past ten years, it is that these lovely things about America were never lovely. We have been expansionist and aggressive and mean to other people from the beginning. And we've been aggressive and mean to people in this country, and we've allocated the wealth of this country in a very unjust way. We've never had justice in the courts for the poor people, for black people, for radicals. Now how can we boast that America is a very special place? It is not that special. It really isn't.

Well, that is our topic, that is our problem: civil obedience. Law is very important. We are talking about obedience to law—law, this marvelous invention of modern times, which we attribute to Western civilization, and which we talk about proudly. The rule of law, oh, how wonderful, all these courses in Western civilization all over the land. Remember those bad old days when people were exploited by feudalism? Everything was terrible in the Middle Ages—but now we have Western civilization, the rule of law. The rule of law has regularized and maximized the injustice that existed before the rule of law, that is what the rule of law has done. Let us start looking at the rule of law realistically, not with that metaphysical complacency with which we always examined it before.

When in all the nations of the world the rule of law is the darling of the leaders and the plague of the people, we ought to begin to recognize this. We have to transcend these national boundaries in our thinking. Nixon and Brezhnev have much more in common

with one another than we have with Nixon. J. Edgar Hoover has far more in common with the head of the Soviet secret police than he has with us. It's the international dedication to law and order that binds the leaders of all countries in a comradely bond. That's why we are always surprised when they get together—they smile, they shake hands, they smoke cigars, they really like one another no matter what they say. It's like the Republican and Democratic parties, who claim that it's going to make a terrible difference if one or the other wins, yet they are all the same.

Basically, it is us against them.

Yossarian was right, remember, in *Catch-22*? He had been accused of giving aid and comfort to the enemy, which nobody should ever be accused of, and Yossarian said to his friend Clevinger: “The enemy is whoever is going to get you killed, whichever side they are on.” But that didn't sink in, so he said to Clevinger: “Now you remember that, or one of these days you'll be dead.” And remember? Clevinger, after a while, was dead. And we must remember that our enemies are not divided along national lines, that enemies are not just people who speak different languages and occupy different territories. Enemies are people who want to get us killed.

We are asked, “What if everyone disobeyed the law?” But a better question is, “What if everyone obeyed the law?” And the answer to that question is much easier to come by, because we have a lot of empirical evidence about what happens if everyone obeys the law, or if even most people obey the law. What happens is what has happened, what is happening. Why do people revere the law? And we all do; even I have to fight it, for it was put into my bones at an early age when I was a Cub Scout. One reason we revere the law is its ambivalence. In the modern world we deal with phrases and words that have multiple meanings, like “national security.” Oh, yes, we must do this for national security! Well, what does that mean? Whose national security? Where? When? Why? We don't bother to answer those questions, or even to ask them.

The law conceals many things. The law is the Bill of Rights. In fact, that is what we think of when we develop our reverence for the law. The law is something that protects us; the law is our right—the law is the Constitution. Bill of Rights Day, essay contests sponsored by the American Legion on our Bill of Rights, that is the law. And that is good.

But there is another part of the law that doesn't get ballyhooed—the legislation that has gone through month after month, year after year, from the beginning of the Republic, which allocates the resources of the country in such a way as to leave some people very rich and other people very poor, and still others scrambling like mad for what little is left. That is the law. If you go to law school you will see this. You can quantify it by counting the big, heavy law books that people carry around with them and see how many law books you count that say “Constitutional Rights” on them and how many

that say “Property,” “Contracts,” “Torts,” “Corporation Law.” That is what the law is mostly about. The law is the oil depletion allowance—although we don't have Oil Depletion Allowance Day, we don't have essays written on behalf of the oil depletion allowance. So there are parts of the law that are publicized and played up to us—oh, this is the law, the Bill of Rights. And there are other parts of the law that just do their quiet work, and nobody says anything about them.

It started way back. When the Bill of Rights was first passed, remember, in the first administration of Washington? Great thing. Bill of Rights passed! Big ballyhoo. At the same time Hamilton's economic program was passed. Nice, quiet, money to the rich-I'm simplifying it a little, but not too much. Hamilton's economic program started it off. You can draw a straight line from Hamilton's economic program to the oil depletion allowance to the tax write-offs for corporations. All the way through—that is the history. The Bill of Rights publicized; economic legislation unpublicized.

You know the enforcement of different parts of the law is as important as the publicity attached to the different parts of the law. The Bill of Rights, is it enforced? Not very well. You'll find that freedom of speech in constitutional law is a very difficult, ambiguous, troubled concept. Nobody really knows when you can get up and speak and when you can't. Just check all of the Supreme Court decisions. Talk about predictability in a system—you can't predict what will happen to you when you get up on the street corner and speak. See if you can tell the difference between the Terminiello case and the Feiner case, and see if you can figure out what is going to happen. By the way, there is one part of the law that is not very vague, and that involves the right to distribute leaflets on the street. The Supreme Court has been very clear on that. In decision after decision we are affirmed an absolute right to distribute leaflets on the street. Try it. Just go out on the street and start distributing leaflets. And a policeman comes up to you and he says, “Get out of here.”

And you say, “Aha! Do you know Marsh v. Alabama, 1946?” That is the reality of the Bill of Rights. That's the reality of the Constitution, that part of the law which is portrayed to us as a beautiful and marvelous thing. And seven years after the Bill of Rights was passed, which said that “Congress shall make no law abridging the freedom of speech,” Congress made a law abridging the freedom of speech. Remember? The Sedition Act of 1798.

So the Bill of Rights was not enforced. Hamilton's program was enforced, because when the whisky farmers went out and rebelled you remember, in 1794 in Pennsylvania, Hamilton himself got on his horse and went out there to suppress the rebellion to make sure that the revenue tax was enforced. And you can trace the story right down to the present day, what laws are enforced, what laws are not enforced. So you have to be careful when you say, “I'm for the law, I revere the law.” What part of the law are

you talking about? I'm not against all law. But I think we ought to begin to make very important distinctions about what laws do what things to what people.
And there are other problems with the law. It's a strange thing, we think that law brings order. Law doesn't. How do we know that law does not bring order? Look around us. We live under the rules of law. Notice how much order we have? People say we have to worry about civil disobedience because it will lead to anarchy. Take a look at the present world in which the rule of law obtains. This is the closest to what is called anarchy in the popular mind-confusion, chaos, international banditry. The only order that is really worth anything does not come through the enforcement ... of law, it comes through the establishment of a society which is just and in which harmonious relationships are established and in which you need a minimum of regulation to create decent sets of arrangements among people. But the order based on law and on the force of law is the order of the totalitarian state, and it inevitably leads either to total injustice or to rebellion—eventually, in other words, to very great disorder.

We all grow up with the notion that the law is holy. They asked Daniel Berrigan's mother what she thought of her son's breaking the law. He burned draft records—one of the most violent acts of this century—to protest the war, for which he was sentenced to prison, as criminals should be. They asked his mother who is in her eighties, what she thought of her son's breaking the law. And she looked straight into the interviewer's face, and she said, “It's not God's law.” Now we forget that. There is nothing sacred about the law. Think of who makes laws. The law is not made by God, it is made by Strom Thurmond. If you nave any notion about the sanctity and loveliness and reverence for the law, look at the legislators around the country who make the laws. Sit in on the sessions of the state legislatures. Sit in on Congress, for these are the people who make the laws which we are then supposed to revere.

All of this is done with such propriety as to fool us. This is the problem. In the old days, things were confused; you didn't know. Now you know. It is all down there in the books. Now we go through due process. Now the same things happen as happened before, except that we've gone through the right procedures. In Boston a policeman walked into a hospital ward and fired five times at a black man who had snapped a towel at his arm—and killed him. A hearing was held. The judge decided that the policeman was justified because if he didn't do it, he would lose the respect of his fellow officers. Well, that is what is known as due process—that is, the guy didn't get away with it. We went through the proper procedures, and everything was set up. The decorum, the propriety of the law fools us.

The nation then, was founded on disrespect for the law, and then came the Constitution and the notion of stability which Madison and Hamilton liked. But then we found in certain crucial times in our history that the legal framework did not suffice, and in order to end slavery we had to go outside the legal framework, as we had to do at the time of the American Revolution or the Civil War. The union had to go outside the le-

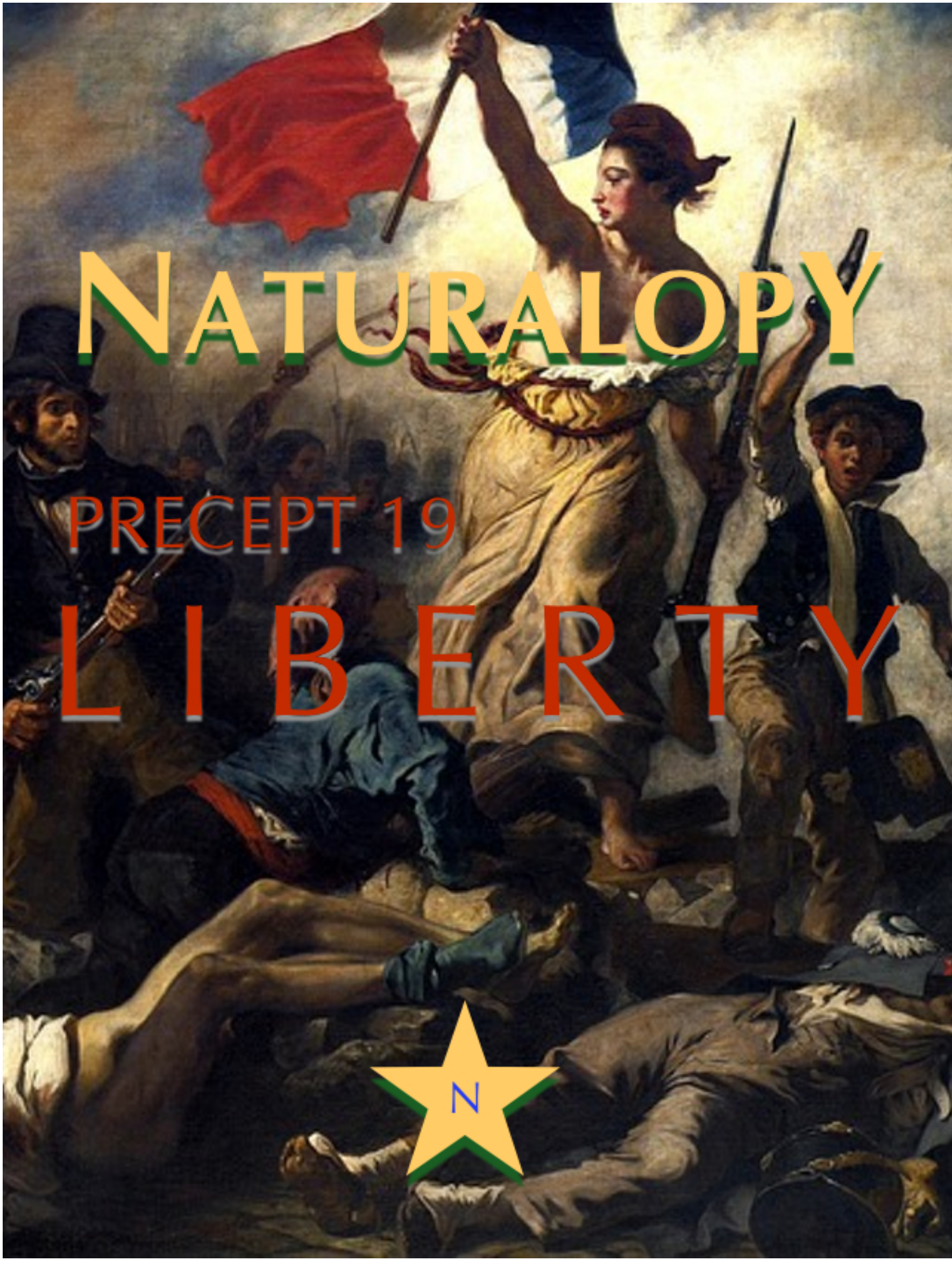
gal framework in order to establish certain rights in the 1930s. And in this time, which may be more critical than the Revolution or the Civil War, the problems are so horrendous as to require us to go outside the legal framework in order to make a statement, to resist, to begin to establish the kind of institutions and relationships which a decent society should have. No, not just tearing things down; building things up. But even if you build things up that you are not supposed to build up—you try to build up a people's park, that's not tearing down a system; you are building something up, but you are doing it illegally—the militia comes in and drives you out. That is the form that civil disobedience is going to take more and more, people trying to build a new society in the midst of the old.

But what about voting and elections? Civil disobedience—we don't need that much of it, we are told, because we can go through the electoral system. And by now we should have learned, but maybe we haven't, for we grew up with the notion that the voting booth is a sacred place, almost like a confessional. You walk into the voting booth and you come out and they snap your picture and then put it in the papers with a beatific smile on your face. You've just voted; that is democracy. But if you even read what the political scientists say—although who can? About the voting process, you find that the voting process is a sham. Totalitarian states love voting. You get people to the polls and they register their approval. I know there is a difference—they have one party and we have two parties. We have one more party than they have, you see.

What we are trying to do, I assume, is really to get back to the principles and aims and spirit of the Declaration of Independence. This spirit is resistance to illegitimate authority and to forces that deprive people of their life and liberty and right to pursue happiness, and therefore under these conditions, it urges the right to alter or abolish their current form of government—and the stress had been on abolish. But to establish the principles of the Declaration of Independence, we are going to need to go outside the law, to stop obeying the laws that:

—demand killing or
—that allocate wealth the way it has been done, or
—that put people in jail for petty technical offenses and keep other people out of jail for enormous crimes.

My hope is that this kind of spirit will take place not just in this country but in other countries because they all need it. People in all countries need the spirit of disobedience to the state, which is not a metaphysical thing but a thing of force and wealth. And we need a kind of declaration of interdependence among people in all countries of the world who are striving for the same thing.


NATURALOPY
PRECEPT 19
LIBERTY
N

Government of the people, by the people, for the people, shall not perish from the Earth.

Abraham Lincoln

The problem in this world is not civil disobedience. The problem in this world is civil obedience.

Howard Zinn

Disobedience is the true foundation of liberty. The obedient must be slaves.

Henry David Thoreau

The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.

Thomas Jefferson

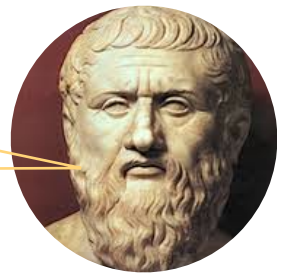
I disapprove of what you say, but I will defend to the death your right to say it.

Voltaire

Don’t interfere with anything in the constitution. That must be maintained, for it is the only safeguard of our liberties.

Abraham Lincoln

I shall assume that your silence gives consent.



Plato

John Adams

Human nature itself is evermore an advocate for liberty. There is also in human nature a resentment of injury, and indignation against wrong. A love of truth and a veneration of virtue. These amiable passions, are the “latent spark.” If the people are capable of understanding, seeing and feeling the differences between true and false, right and wrong, virtue and vice, to what better principle can the friends of mankind apply than to the sense of this difference?

Man will never be free until the last king is strangled with the entrails of the last priest.

Denis Diderot

There is no honourable way to kill and no gentle way to destroy. There is nothing good in war except its ending.

Abraham Lincoln

When the tyrant has disposed of foreign enemies by conquest or treaty, and there is nothing more to fear from them, then he is always stirring up some war or other, in order that the people may require a leader.

Plato

The best job goes to the person who can get it done without passing the buck or coming back with excuses.

Napoleon Hill

The moral crisis of our age has nothing to do with gay marriage or abortion. It's insider trading, obscene CEO pay, wage theft from ordinary workers, Wall Street's gambling addiction, corporate payoffs to friendly politicians, and the billionaire takeover of our democracy.

Robert Reich

Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed.This world in arms is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children.

Dwight Eisenhower

The government does not need to know more about what we are doing. We need to know more about what the government is doing. We need to turn the cameras on the police and on the government, not the other way around.

Ron Paul

Privatization is a neoliberal and imperialist plan. Health can't be privatized because it is a fundamental human right, nor can education, water, electricity, and other public services. They can't be surrendered to private capital that denies the people from their rights.

Hugo Chavez

Anyone in a free society where the laws are unjust has an obligation to break the law.

Henry David Thoreau

When a nation is filled with strife, then do patriots flourish.

Lao Tzu

Be not intimidated, nor suffer yourselves to be wheedled out of your liberties by any pretense of politeness, delicacy, or decency. These, as they are often used, are but three different names for hypocrisy, chicanery, and cowardice.

John Adams

Life without liberty is like a body without spirit. Liberty without thought is like a disturbed spirit.

Kahlil Gibran

To learn who rules over you, simply find out who you are not allowed to criticize.

Voltaire

If the machine of government is of such a nature that it requires you to be the agent of injustice to another, then, I say, break the law.

Henry David Thoreau

Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty.

John F. Kennedy

They who can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety.

Benjamin Franklin

When the people fear their government, there is tyranny; when the government fears the people, there is liberty.

Thomas Jefferson

People with too much knowledge are difficult to govern.

Lao Tzu

The most dangerous man, to any government, is the man who is able to think things out for himself. Almost inevitably, he comes to the conclusion that the government he lives under is dishonest, insane, and intolerable.

H.L. Mencken

If a country is to be corruption free and become a nation of beautiful minds, I strongly feel there are three key societal members who can make a difference. They are the father, the mother, and the teacher.

Abdul Kalam

Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance.

Theodore Roosevelt

When I was poor and complained about inequality, they said I was bitter. Now, I'm rich and complain about inequality, they say I'm a hypocrite. I'm starting to think they just don't want to talk about inequality.

Russell Brand

But you must remember, my fellow-citizens, that eternal vigilance by the people is the price of liberty, and that you must pay the price if you wish to secure the blessing.

Andrew Jackson

The less you rely on any person or organization for your needs, the more liberty you have.

Trung Nguyen

A patriot must always be ready to defend his country against his government.

Edward Abbey

The jaws of power are always open to devour, and her arm is always stretched out, if possible, to destroy the freedom of thinking, speaking, and writing.

John Adams

A person may cause evil to others not only by his actions but by his inaction, and in either case he is justly accountable to them for the injury.

John Stuart Mill

Nothing strengthens authority so much as silence.

Leonardo da Vinci

Liberty cannot be preserved without a general knowledge among the people.

John Adams

That government is best which governs least.

Henry David Thoreau

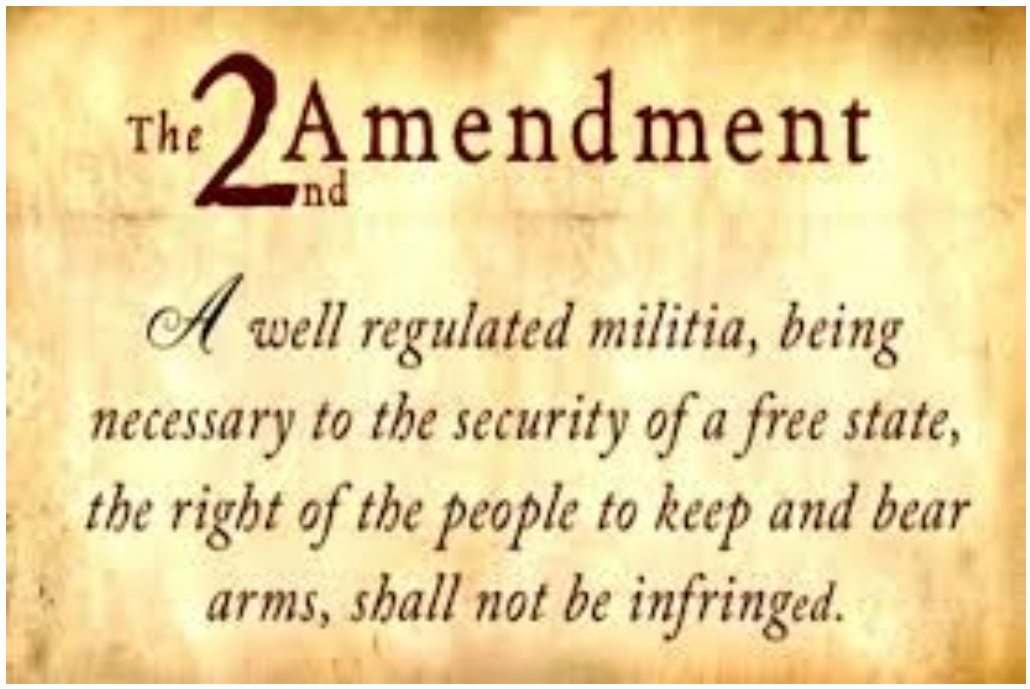
Government don't want well informed, well educated people capable of critical thinking. That is against their interests. They want obedient workers, people who are just smart enough to run the machines and do the paperwork. And just dumb enough to passively accept it.

George Carlin

Concentrated power has always been the enemy of liberty.

Ronald Reagan

THE SECOND AMENDMENT



Thomas Jefferson said, “No Free man shall ever be debarred the use of arms.”

James Madison had this to say, “The right of the people to keep and bear arms shall not be infringed. A well regulated militia, composed of the body of the people, trained to arms, is the best and most natural defense of a free country.”

George Washington said, “Firearms stand next in importance to the Constitution itself. They are the American people’s liberty teeth and keystone under independence … From the hour the Pilgrims landed, to the present day, events, occurrences, and tendencies prove that to ensure peace, security and happiness, the rifle and pistol are equally indispensable . . . the very atmosphere of firearms everywhere restrains evil interference—they deserve a place of honor with all that is good.”

Samuel Adams was quoted as saying, “That the said Constitution shall never be construed to authorize Congress to infringe the just liberty of the press or the rights of conscience; or to prevent the people of The United States who are peaceable citizens from keeping their own arms.”

Thomas Jefferson added, “The strongest reason for people to retain the right to keep and bear arms is, as a last resort, to protect themselves against tyranny in government.”

Those are the things that the founding fathers of our country had to say about guns. The United States of America has been free from tyranny for well over 200 years. The reason we are able to speak our minds, practice whatever religion we want to, have a government run for the people, by the people, and the many, many other freedoms we enjoy is because of the people quoted above and numerous others like them throughout our country's history. They fought for our freedoms. They fought against tyranny, against a monarchy that ruled from afar, and they fought for the right to try this new experiment called America.

George Washington reasoned, "A free people ought not only be armed and disciplined, but they should have sufficient arms and ammunition to maintain a status of independence from any who may attempt to abuse them, which would include their own government."

JUSTICE

justice

redress, fairness, correction, amends, integrity, truth, due process, impartiality

1. The state or characteristic of being just or fair.

2. The ideal of fairness, impartiality, etc., especially with regard to the punishment of wrongdoing.

Justice is a contentious societal matter. Theory, religion, politics, and law all have different perspectives on justice. Take capital punishment and economic justice as examples.

Justice can be broken into three main components: social justice (police, court, attorney), personal justice (emotions), and supernatural justice (karma).

Economic justice. As capitalism has become ubiquitous, economic justice is surfacing to the forefront. The gap between the rich and the poor is greater than any time in history.

Social justice. The most quarrelous point with social justice is access to it and who the system favors. Is it a coincidence that social justice is more favourable to the wealthy? No, it's not a coincidence. The fact that the wealthy are favored is the injustice in the social justice system.

Global justice. What about inter-nation justice whereby powerful nations steal and rob (colonialism, imperialism) weaker nations of their resources? Well, in the long arc of time, no person or nation escapes supernatural justice (karma). The Egyptians, Romans, Mongols, French, British, and USA haven't escaped supernatural justice.

OPPRESSION AND SLAVERY

When you oppress and enslave people:

Will you sleep better? Or will you stay up nights worrying who will exact revenge?

Will you eat better? Or will you feed your body alcohol and drugs to mask the pain and guilt?

Will you love more? Or will you be so paranoid as to be incapable of love?

Will people love you more? Or will they publicly respect you but secretly plot your demise?

Will your children be proud of your accomplishments? Or will they openly enjoy your largesse but privately despise you for exploiting and oppressing their fellow Humans?

Will you have more children than those you exploit and oppress? Or will Nature reduce your ilk in numbers to ensure the survival of all Her creations?

Will people praise your afterlife? Or will they revile, mock, and ridicule you after you're dead?

Will you have peace of mind? No.

Then don't oppress or enslave people.

Justice will not be served until those who are unaffected are as outraged as those who are affected.

Benjamin Franklin

Human progress is neither automatic nor inevitable. Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals.

Martin Luther King, Jr.

Whenever you find yourself on the side of the majority, it is time to pause and reflect.

Mark Twain

Never be afraid to raise your voice for honesty and truth and compassion and lying and greed. If people all over the world would do this, it would change the Earth.

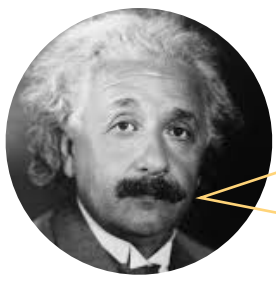
William Faulkner

Never be afraid to stand with the minority when the minority is right, for the minority which is right will one day be the majority.

Willaim Jennings Bryan

Injustice anywhere is a threat to justice everywhere.

Martin Luther King, Jr.



In matters of truth and justice, there is no difference between large and small problems, for issues concerning the treatment of people are all the same.

Albert Einstein

There is a higher court than courts of justice and that is the court of conscience. It supersedes all other courts.

Mahatma Gandhi

Anyone in a free society where the laws are unjust has an obligation to break the law.

Henry David Thoreau

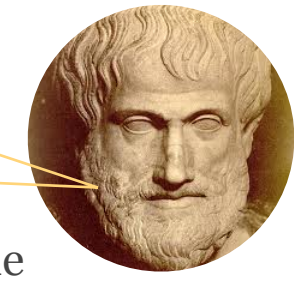
I have always found that mercy bears richer fruits than strict justice.

Abraham Lincoln

I'm for truth, no matter who tells it. I'm for justice, no matter who it's for or against.

Malcolm X

At his best, man is the noblest of all animals; separated from law and justice he is the worst.



Aristotle

It is impossible to struggle for civil rights, equal rights for blacks, without including whites. Because equal rights, fair play, justice, are all like the air: we all have it, or none of us has it. That is the truth of it.

Maya Angelou

Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.

Helen Keller

Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects us directly, affects all indirectly.

Martin Luther King, Jr.

Each time a man stands up for an ideal or acts to improve the lot of others or strikes out against injustice, he sends forth a tiny ripple of hope.

Robert Kennedy

Justice is conscience, not a personal conscience but the conscience of the whole of humanity.

Alexander Solzhenitsyn

Justice cannot be for one side alone, but must be for both.

Eleanor Roosevelt

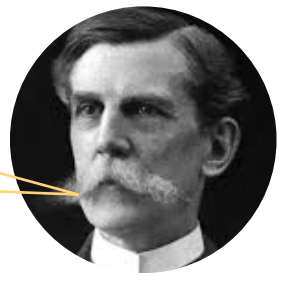
Where justice is denied, where poverty is enforced, neither persons nor property will be safe.

Frederick Douglass

When I see the Ten Most Wanted Lists, I always have this thought: If we'd made them feel wanted earlier, they wouldn't be wanted now.

Edie Cantor

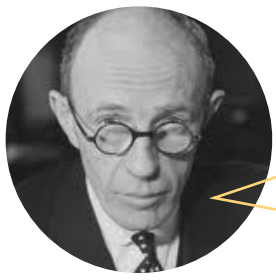
This is a court of law, young man, not a court of justice.



Oliver Wendell Holmes, Jr.

Justice is open to everyone in the same way as the Ritz Hotel.

Judge Sturgess



If the laws could speak for themselves, they would complain of the lawyers in the first place.

Lord Halifax

Laws are like cobwebs, which may catch small flies, but let wasps and hornets break through.

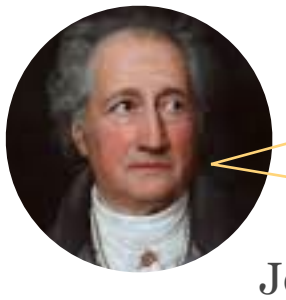
Jonathan Swift

It is not what a lawyer tells me what I may do; but what humanity, reason, and justice tell me I ought to do.

Edmund Burke

The law should be a shield for the weak and powerless, not a club for the powerful.

Gov. Roy Barnes



Treat people as if they were what they should be, and you help them become what they are capable of becoming.

Johann Goethe

It is the daily; it is the small; it is the cumulative injuries of little people that we are here to protect. If we are able to keep our democracy, there must be one commandment:

THOU SHALT NOT RATION JUSTICE.

Judge Learned Hand

The first duty of society is justice.

Alexander Hamilton

Equal justice under law is not merely a caption on the facade of the Supreme Court building, it is perhaps the most inspiring ideal of our society. It is one of the ends for which our entire legal system exists. It is fundamental that justice should be the same, in substance and availability, without regard to economic status.

Lewis Powell, Jr.

Equality before the law in a true democracy is a matter of right. It cannot be a matter of charity or of favor or of grace or of discretion.

U.S. Supreme Court Justice Wiley

There can be no equal justice where the kind of trial a man gets depends on the amount of money he has.

U.S. Supreme Court Justice Hugo Black

Justice does not come from the outside. It comes from inner peace.

Barbara Hall

Throughout history, it has been the inaction of those who could have acted, the indifference of those who should have known better, the silence of the voice of justice when it mattered most, that has made it possible for evil to triumph.

Haile Selassie

Concepts of justice must have hands and feet to carry out justice in every case in the shortest possible time and the lowest possible cost. This is the challenge to every lawyer and judge in America.

Warren E. Burger

In the state of nature, indeed, all men are born equal, but they cannot continue in this equality. Society makes them lose it, and they recover it only by the protection of the laws.

Charles de Montesquieu

The dead cannot cry out for justice; it is a duty of the living to do so for them.

Lois McMaster Bujold

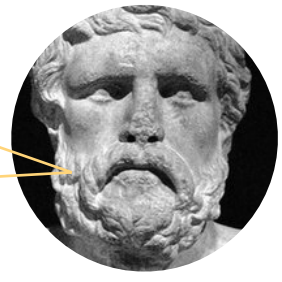
Justice requires that to lawfully constituted Authority there be given that respect and obedience which is its due; that the laws which are made shall be in wise conformity with the common good; and that, as a matter of conscience all men shall render obedience to these laws.

Pope Pius

Justice consists not in being neutral between right and wrong, but in finding out the right and upholding it, wherever found, against the wrong.

Theodore Roosevelt

Courage is of no value unless accompanied by justice; yet if all men became just, there would be no need for courage.



Agesilaus the Second

SECRET SOCIETIES

John F. Kennedy

April 27, 1961, Waldorf-Astoria Hotel, New York City

The very word “secrecy” is repugnant in a free and open society; and we are as a people inherently and historically opposed to secret societies, to secret oaths and to secret proceedings. We decided long ago that the dangers of excessive and unwarranted concealment of pertinent facts far outweigh the dangers which are cited to justify it. Even today, there is little value in opposing the threat of a closed society by imitating its arbitrary restrictions. Even today, there is little value in insuring the survival of our nation if our traditions do not survive with it. And there is very grave danger that an announced need for increased security will be seized upon by those anxious to expand its meaning to the very limits of official censorship and concealment. That I do not intend to permit to the extent that it is in my control. And no official of my Administration, whether his rank is high or low, civilian or military, should interpret my words here tonight as an excuse to censor the news, to stifle dissent, to cover up our mistakes or to withhold from the press and the public the facts they deserve to know.

But I do ask every publisher, every editor, and every newsman in the nation to reexamine his own standards, and to recognize the nature of our country's peril. In time of war, the government and the press have customarily joined in an effort based largely on self-discipline, to prevent unauthorized disclosures to the enemy. In time of “clear and present danger,” the courts have held that even the privileged rights of the First Amendment must yield to the public's need for national security.
Today no war has been declared—and however fierce the struggle may be, it may never be declared in the traditional fashion. Our way of life is under attack. Those who make themselves our enemy are advancing around the globe. The survival of our friends is in danger. And yet no war has been declared, no borders have been crossed by marching troops, no missiles have been fired.

If the press is awaiting a declaration of war before it imposes the self-discipline of combat conditions, then I can only say that no war ever posed a greater threat to our security. If you are awaiting a finding of “clear and present danger,” then I can only say that the danger has never been more clear and its presence has never been more imminent.

It requires a change in outlook, a change in tactics, a change in missions—by the government, by the people, by every businessman or labor leader, and by every newspaper. For we are opposed around the world by a monolithic and ruthless conspiracy that relies primarily on covert means for expanding its sphere of influence—on infiltration instead of invasion, on subversion instead of elections, on intimidation instead of free choice, on guerrillas by night instead of armies by day. It is a system which has conscripted vast human and material resources into the building of a tightly knit, highly efficient machine that combines military, diplomatic, intelligence, economic, scientific and political operations.

Its preparations are concealed, not published. Its mistakes are buried, not headlined. Its dissenters are silenced, not praised. No expenditure is questioned, no rumor is printed, no secret is revealed. It conducts the Cold War, in short, with a war-time discipline no democracy would ever hope or wish to match.

Nevertheless, every democracy recognizes the necessary restraints of national security—and the question remains whether those restraints need to be more strictly observed if we are to oppose this kind of attack as well as outright invasion.

For the facts of the matter are that this nation's foes have openly boasted of acquiring through our newspapers information they would otherwise hire agents to acquire through theft, bribery or espionage; that details of this nation's covert preparations to counter the enemy's covert operations have been available to every newspaper reader, friend and foe alike; that the size, the strength, the location and the nature of our forces and weapons, and our plans and strategy for their use, have all been pinpointed in the press and other news media to a degree sufficient to satisfy any foreign power; and that, in at least in one case, the publication of details concerning a secret mechanism whereby satellites were followed required its alteration at the expense of considerable time and money.

The newspapers which printed these stories were loyal, patriotic, responsible and well-meaning. Had we been engaged in open warfare, they undoubtedly would not have published such items. But in the absence of open warfare, they recognized only the tests of journalism and not the tests of national security. And my question tonight is whether additional tests should not now be adopted.

The question is for you alone to answer. No public official should answer it for you. No governmental plan should impose its restraints against your will. But I would be failing in my duty to the nation, in considering all of the responsibilities that we now bear and all of the means at hand to meet those responsibilities, if I did not commend this problem to your attention, and urge its thoughtful consideration.
On many earlier occasions, I have said—and your newspapers have constantly said—that these are times that appeal to every citizen's sense of sacrifice and self-discipline. They call out to every citizen to weigh his rights and comforts against his obligations to the common good. I cannot now believe that those citizens who serve in the newspaper business consider themselves exempt from that appeal.
I have no intention of establishing a new Office of War Information to govern the flow of news. I am not suggesting any new forms of censorship or any new types of security classifications. I have no easy answer to the dilemma that I have posed, and would not seek to impose it if I had one. But I am asking the members of the newspaper profession and the industry in this country to reexamine their own responsibilities, to consider the degree and the nature of the present danger, and to heed the duty of self-restraint which that danger imposes upon us all.
Every newspaper now asks itself, with respect to every story: “Is it news?” All I suggest is that you add the question: “Is it in the interest of the national security?” And I hope that every group in America—unions and businessmen and public officials at every level—will ask the same question of their endeavors, and subject their actions to the same exacting tests.

And should the press of America consider and recommend the voluntary assumption of specific new steps or machinery, I can assure you that we will cooperate whole-heartedly with those recommendations.

Perhaps there will be no recommendations. Perhaps there is no answer to the dilemma faced by a free and open society in a cold and secret war. In times of peace, any discussion of this subject, and any action that results, are both painful and without precedent. But this is a time of peace and peril which knows no precedent in history.

ECONOMICS

economics

business, finance, social science

1. The study of resource allocation, distribution and consumption; of capital and investment; and of management of the factors of production.

Land, labour, and capital are the means (factors) of production. And money is the medium of exchange for all three means of production. Therefore, whoever controls the issuance of money controls the means of production, and in turn the economy. In recent years, the role of central banks has surfaced as the lever behind the economy of nations. For example, the U.S. Federal Reserve Bank controls the U.S. money supply; similarly, the ECB (European Central Bank) issues euros for EU member countries. Both the U.S. Federal Reserve Bank and the European Central Bank are private banks whose legal duty is to maximize profit for its shareholders. In fact, all central banks around the globe have a fiduciary duty to maximize profit for its shareholders (member banks)—these banks are not responsible for the citizens of the countries in which they operate. These central banks are out for themselves. At the heart of all the central banks around the globe is BIS (Bank for International Settlements), based in Basel Switzerland. Little is known about BIS, except that its owners and members are central banks, of which there are about 200 around the globe. These global banks are responsible for personal and national debts that are mathematically impossible to pay off. This condition is known as indentured servitude, or enslavement.

Central banks, the World Bank, IMF (International Monetary Fund), and BIS are all owned by corporations, institutions, or individuals. Despite having their hands on almost every country on Earth, little is known about who actually owns these banks. However, the usual suspects keep showing up: the secretive Rothschild banking dynasty, the Monarchs of Europe, the Vatican, and the Commission of 300. Because of the international reach and power of these banks, our government is not as independ-

ent as we think or would like it to be. Whether it's communism, socialism, or capitalism, whoever controls the money supply controls the political system.

The debate as to who should control the money supply, thus the means of production, is complex. If money (now representing land, labour, and capital) is the means of production, then communism results when the means of production are government controlled. We know how well communism worked out. On the other spectrum, if money is entirely in the hands of private entities, then we have economic injustice—the wide and widening gap between the rich and poor, individual debt tantamount to lifelong-indentured servitude, and national debt that is mathematically impossible to pay off. We are now beginning to uncover that with laissez-faire capitalism the individual and the nation are indebted to international banks and bankers.

Humans are born to be free, and not to live in serfdom, indentured servitude, economic oppression, or slavery. Throughout history, we have witnessed the violent demise of tyrants and kings and queens who had oppressed their peoples.

When there are two extremes, the middle ground is often the workable solution. A hybrid monetary system has not been tried. In this hybrid monetary system, the government is charged with issuing money for society's basic needs (education, water, public transportation, police, military, basic shelter, etc.) and private banks are charged with financing private enterprises. The government would be free to issue domestic-only currency to meet society's basic needs without going into debt; this domestic-only currency would circulate through private banks. While private banks would finance enterprises that spur innovation and human potential. When consumers and governments are free of debt, they have more spending power, which enriches the private banks and the enterprises they finance.

We have witnessed the fall of communism and the detrimental side effects of laissez-faire capitalism. There can be no economic freedom if society's potential is suppressed by an artificial and oppressive monetary system.

We must begin to shift from a “thing-oriented” society to a “person-oriented” society. When machines and computers, profit motives and property rights are considered more important than people, the giant triplets of racism, materialism, and militarism are incapable of being conquered.

Martin Luther King, Jr.

The country is governed for the richest, for the corporations, the bankers, the land speculators, and for the exploiters of labor. The majority of mankind are working people. So long as their fair demands—the ownership control of their livelihoods—are set at naught, we can have neither men’s rights nor women’s rights. The majority of mankind is ground down by industrial oppression in order that the small remnant may live in ease.

Helen Keller

Communism: I work twice as hard so you can get paid twice as much.

Capitalist

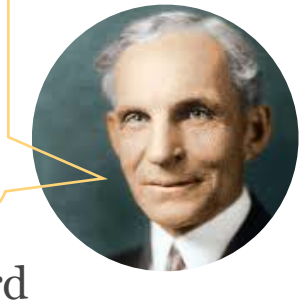
The problem with socialism is that sooner or later you run out of other people's money.

Margaret Thatcher

Let me issue and control a nation's money and I care not who makes its laws.

Mayer Amschel Rothschild

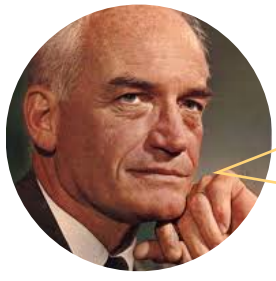
It is well enough that people of the nation do not understand our banking and monetary system, for if they did, I believe there would be a revolution before tomorrow morning.



Henry Ford

I believe that the officers, and, especially directors, of corporations should be held personally responsible when any corporation breaks the law.

Theodore Roosevelt



Most Americans have no real understanding of the operation of the international money lenders. The accounts of the Federal Reserve System have never been audited. It operates outside the control of Congress and manipulates the credit of the United States.

Barry Goldwater

As long as we look to legislation to cure poverty or to abolish special privilege, we are going to see poverty spread and special privilege grow.

Henry Ford

History records that the money changers have used every form of abuse, intrigue, deceit, and violent means possible to maintain their control over governments by controlling money and its issuance.

James Madison

The Federal Reserve banks are one of the most corrupt institutions the world has ever seen. There is not a man within the sound of my voice who does not know that this nation is run by the International Bankers.

Louis T. McFadden

I believe that banking institutions are more dangerous to our liberties than standing armies. Already they have raised up a monied aristocracy that has set the government at defiance. The issuing power of money should be taken away from the banks and restored to the people to whom it properly belongs.

Thomas Jefferson

We have, in this country, one of the most corrupt institutions the world has ever known. I refer to the Federal Reserve Board. This evil institution has impoverished the people of the United States and has practically bankrupted our government. It has done this through the corrupt practices of the moneyed vultures who control it.

Louis T. McFadden

The money powers prey upon the nation in times of peace and conspire against it in times of adversity. It is more despotic than a monarchy, more insolent than autocracy, and more selfish than bureaucracy. It denounces as public enemies all who question its methods or throw light upon its crimes. I have two great enemies, the Southern Army in front of me and the bankers in the rear. Of the two, the one at my rear is my greatest foe.

Abraham Lincoln

One thing is clear: The Founding Fathers never intended a nation where citizens would pay nearly half of everything they earn to the government.

Ron Paul

Governments have never learned anything from history, or acted on principles deducted from it.

George Wilhelm Hegel

The causes which destroyed the ancient republics were numerous; but in Rome, one principal cause was the vast inequality of fortunes.

Noah Webster

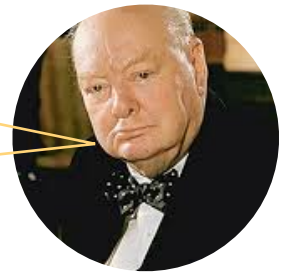
An imbalance between rich and poor is the oldest and most fatal ailment of all republics.

Plutarch

In the long run men inevitably become the victims of their wealth. They adapt their lives and habits to their money, not their money to their lives. It preoccupies their thoughts, creates artificial needs, and draws a curtain between them and the world.

Herbert Croly

You don't make the poor richer by making the rich poorer.



Winston Churchill

Money is a new form of slavery, and distinguishable from the old simply by the fact that it is impersonal–that there is no human relation between master and slave.

Leo Tolstoy

I am a most unhappy man. I have unwittingly ruined my country. A great industrial nation is controlled by its system of credit. Our system of credit is concentrated. The growth of the nation, therefore, and all our activities are in the hands of a few men. We have come to be one of the worst ruled, one of the most completely controlled and dominated Governments in the civilized world. No longer a Government by free opinion, no longer a Government by conviction and the vote of the majority, but a Government by the opinion and duress of a small group of dominant men.

Woodrow Wilson

When a government is dependent upon bankers for money, they and not the leaders of the government control the situation, since the hand that gives is above the hand that takes... Money has no motherland; financiers are without patriotism and without decency; their sole object is gain.

Napoleon Bonaparte

Taxation by representation: people are being taxed, but they're not being represented. The crooks in government are using tax money to suppress and oppress their constituents.

Vanya Cohen

The Government should create, issue, and circulate all the currency and credits needed to satisfy the spending power of the Government and the buying power of consumers. By the adoption of these principles, the taxpayers will be saved immense sums of interest. Money will cease to be master and become the servant of humanity.

Abraham Lincoln

The few who understand the system will either be so interested in its profits or be so dependent upon its favours that there will be no opposition from that class, while on the other hand, the great body of people, mentally incapable of comprehending the tremendous advantage that capital derives from the system, will bear its burdens without complaint, and perhaps without even suspecting that the system is inimical to their interests.

The Rothschild Brothers of London, 1863

I care not what puppet is placed upon the throne of England to rule the Empire on which the sun never sets. The man who controls Britain's money supply controls the British Empire, and I control the British money supply.

Nathan Rothschild

Gentlemen! I too have been a close observer of the doings of the Bank of the United States. I have had men watching you for a long time, and am convinced that you have used the funds of the bank to speculate in the breadstuffs of the country. When you won, you divided the profits amongst you, and when you lost, you charged it to the bank. You tell me that if I take the deposits from the bank and annul its charter I shall ruin ten thousand families. That may be true, gentlemen, but that is your sin! Should I let you go on, you will ruin fifty thousand families, and that would be my sin! You are a den of vipers and thieves. I have determined to rout you out, and by the Eternal... I will rout you out!

Andrew Jackson

To fight this recession the Federal Reserve Bank needs more than a snapback; it needs soaring household spending to offset moribund business investment. And to do that, as Paul McCulley of Pimco put it, Alan Greenspan needs to create a housing bubble to replace the NASDAQ bubble.

Paul Krugman, 2002 (Keynesian Economics, failing since 1936)

Issue of currency should be lodged with the government and be protected from domination by Wall Street. We are opposed to provisions which would place our currency and credit system in private hands.

Theodore Roosevelt

That is simple. In the colonies we issue our own money. It is called Colonial Scrip. We issue it in proper proportion to the demands of trade and industry to make the products pass easily from the producers to the consumers. In this manner, creating for ourselves our own paper money, we control its purchasing power, and we have no interest to pay to anyone.

Benjamin Franklin

Until the control of the issue of currency and credit is restored to government and recognized as its most conspicuous and sacred responsibility, all talk of sovereignty of Parliament and of democracy is idle and futile...Once a nation parts with control of its credit, it matters not who makes the nation's laws. Usury once in control will wreck any nation.

William Maclenzie King

End the Federal Reserve!

Ron Paul

POLITICS

politics

government, legislature, backroom, affairs of state

1. A methodology and activities associated with running a government, an organization, or a movement.

2. Political maneuvers or diplomacy between people, groups, or organizations, especially involving power, influence or conflict.

During a town hall meeting, a voter recounted all the promises a politician had made during his campaign, then pointed out that the politician had either broken those promises or did the opposite of what he had promised. To that, the politician replied, “What I said during the campaign was rhetoric.” In politics, lying has become rhetoric.

An analyst was once asked why there were always wars in the world. The analyst replied, “When we walk through the prison population we notice that there are truly evil convicts in there. There are murderers, pedophiles, and rapists. They’re in prison for a reason. Unfortunately, sociopaths and psychopaths with the same mentality are also in government. These bureaucrats and politicians kill en mass via the bills and laws they draft and pass—someone else does the killing and raping for them. Some politicians are devious and manipulate their way to the top. They leech off the taxpayers. Think about it: you would have to be a psychopath to do what they do and justify it. They are completely devoid of emotion. This is what makes them dangerous, perhaps more so to the U.S. than the murderers, pedophiles, and rapists already in prison.”

Not all politicians are evil, out only to please their campaign contributors. Some want to do good but are snagged in a corrupt system. Don’t leave it to those already in the system to change it. We can change the system through peaceful civil disobedience: refuse to serve the guilty, refuse to buy from the corrupt, refuse to participate in war.

We hang the petty thieves and appoint the great ones to public office.

Aesop

Just because you do not take an interest in politics doesn't mean politics won't take an interest in you.

Pericles

In Ancient Athens, the world's first democracy, they had a process called "ostracism," where once a year the people could vote on the politician they thought was most destructive to the democratic process. The "winner" was banished from Athens for 10 years.

Ancient Greek Democracy

Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future.

John F. Kennedy

Never be deceived that the rich will allow you to vote away their wealth.

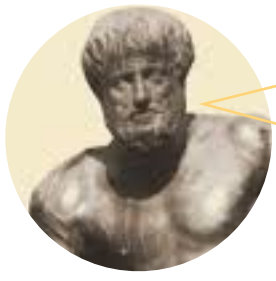
Lucy Parsons

There are some frauds so well conducted that it would be stupidity not to be deceived by them.

Charles Caleb Colton

If I were to remain silent, I'd be guilty of complicity.

Albert Einstein



Those who believe that all virtue is to be found in their own party principles push matters to extremes; they do not consider that disproportion destroys a state.

Aristotle

We live in a world in which politics has replaced philosophy.

Martin L. Gross

Politicians and diapers must be changed often, and for the same reason.

Mark Twain

Politics, it seems to me, for years, or all too long, has been concerned with right or left instead of right or wrong.

Richard Armour

Take our politicians: they're a bunch of yo-yos. The presidency is now a cross between a popularity contest and a high school debate, with an encyclopedia of clichés the first prize.

Saul Bellow

Divide and rule, a sound motto.
Unite and lead, a better one.

Johann Goethe

The U.S. voters spend 4 years protesting the injustice that big, greedy corporations have dealt them. Then come election time work themselves into a fervor in support of their political saviors who will save them from those big, greedy corporations. The sad irony is that their political saviors are owned lock, stock, and barrel by the same evil corporations they're fighting against. When people elect a politician, they're electing whoever financed her or his campaign—the power behind the power. Political campaign contributions from corporations to politicians are a form of bribery, but legal under current laws. Politicians are like actors being auctioned off—they appease the highest bidder. Another irony is that these corporations got rich by people buying their products and services. The next time you buy something, you are voting.

The power of the wallet is more powerful than the power of the ballot.

Trung Nguyen

All contributions by corporations to any political committee or for any political purpose should be forbidden by law.

Theodore Roosevelt

The most perfect political community is one in which the middle class is in control, and outnumbers both of the other classes.

Aristotle

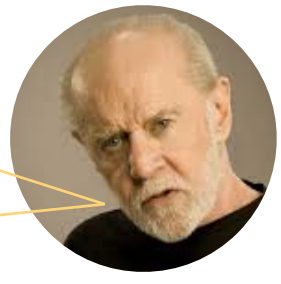
The most certain test by which we judge whether a country is really free is the amount of security enjoyed by minorities.

John Dalberg-Acton

Reclaim your mind and get it out of the hands of the cultural engineers who want to turn you into a half-baked moron consuming all this trash that's being manufactured out of the bones of a dying world.

Terence McKenna

I'm completely in favor of the separation of Church and State. My idea is that these two institutions screw us up enough on their own, so both of them together is certain death.



George Carlin

The greater the number of laws and enactments, the more thieves and robbers there will be.

Lao Tzu

Fear not those who argue but those who dodge.

Dale Carnegie

Our government teaches the whole people by its example. If the government becomes the lawbreaker, it breeds contempt for law; it invites every man to become a law unto himself; it invites anarchy.

Louis Brandeis

In an ideal democratic society those entrusted to power should be benevolent. In practice most are selfish, corrupt, and oppressive. It's not the system that is flawed but human nature that is flawed.

Trung Nguyen

Never listen to what a politician says.
Watch what he does.

Stephen Harper

I have this radical belief that decisions that affect everyone in the world shouldn't be made in secret by government bureaucrats and corporate lobbyists.

Naturalopist

Any individual who is able to raise $25 million to be considered presidential is not going to be much use to the people at large. He will represent oil, or aerospace, or banking, or whatever moneyed entities are paying for him. Certainly he will never represent the people of the country, and they know it. Hence, the sense of despair throughout the land as income falls, businesses fail and there is no redress.

Gore Vidal

In politics, stupidity is not a handicap.

Napoleon Bonaparte

Power tends to corrupt, and
absolute power corrupts absolutely.

John Dalberg-Acton

It is to be regretted that the rich and powerful too often bend the acts of government to their own selfish purposes.

Andrew Jackson

Government is good at one thing: It knows how to break your legs, hand you a crutch, and say, “See, if it weren’t for the government, you would be able to walk.”

Harry Browne

There's an old country saying: The water won't clear up until you get the hogs out of the creek.

Byron Dorgan

The smart way to keep people passive and obedient is to strictly limit the spectrum of acceptable opinion, but allow very lively debate within that spectrum.

Noam Chomsky

It is necessary that laws should be passed to prohibit the use of corporate funds directly or indirectly for political purposes. It is still more necessary that such laws should be thoroughly enforced. I again recommend a law prohibiting all corporations from contributing to the campaign expenses of any party. Such a bill has already passed on House of Congress. Let individuals contribute as they desire; but let us prohibit in effective fashion all corporations from akin contributions for any political purpose, directly or indirectly.

Theodore Roosevelt

I weep for the liberty of my country when I see at this early day of its successful experiment that corruption has been imputed to many members of the House of Representatives, and the rights of the people have been bartered for promises of office.

Andrew Jackson

One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors.

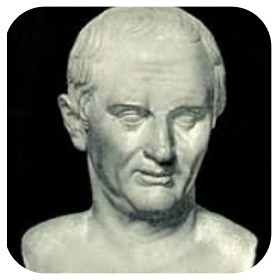
Plato

TRAITOR: THE PERSON TO BE MOST SCORNED

A nation can survive its fools, and even the ambitious. But it cannot survive treason from within. An enemy at the gates is less formidable, for he is known and carries his banner openly.

But the traitor moves amongst those within the gate freely, his sly whispers rustling through all the alleys, heard in the very halls of government itself. For the traitor appears not a traitor; he speaks in accents familiar to his victims, and he wears their face and their arguments, he appeals to the baseness that lies deep in the hearts of all men.

The traitor rots the soul of a nation, he works secretly and unknown in the night to undermine the pillars of the city, he infects the body politic so that it can no longer resist. A murderer is less to fear.



Cicero

MILITARY

military

warmongering, aggression, fighting, militaristic, warlike

1. Relating to armed forces such as the army, marines, navy and air force (often as distinguished from civilians or police forces).

2. Relating to war.

The Egyptian Empire, the Persian Empire, Alexander the Great's Empire, the Roman Empire, Genghis Khan's Empire, Napoleon's Empire, the Ottoman Empire, the British Empire, Hitler's Third Reich, and the Soviet Union have all collapsed. And soon the American Empire will follow. History repeats itself. Politicians and generals never learn from history.

Force has never and will never conquer people. Military conquests are fleeting and the conquerors are eventually scattered, absorbed, or mated into the minority in the conquered lands. Moreover, over the centuries, the conquered eventually inhabit the homelands of the conquerors. This is cosmic karma.

To conquer people, spread culture, ideas, peace, food, entertainment, systems and methods…conquer their minds.

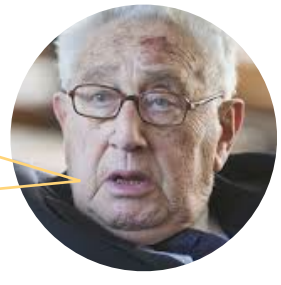
We don't want a war. We just want to work, live peacefully, and feed our family.

Ukrainian Grandmother in Crimea

Those who know the least obey the best.

George Farquhar

Military men are dumb, stupid animals to be used as pawns for foreign policy.



Henry Kissinger

Peace cannot be achieved through violence, it can only be attained through understanding.

Ralph Waldo Emerson

There was never a good war, or a bad peace.

Benjamin Franklin

In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex. The potential for the disastrous rise of misplaced power exists and will persist.

We must never let the weight of this combination endanger our liberties or democratic processes. We should take nothing for granted. Only an alert and knowledgeable citizenry can compel the proper meshing of the huge industrial and military machinery of defense with our peaceful methods and goals, so that security and liberty may prosper together.

Dwight Eisenhower

What is legal is not always just nor beneficial to society—war is the perfect example of this. Everything Hitler did was legal under German law at the time.

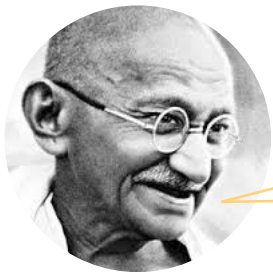
Trung Nguyen

War is organized murder, and nothing else.

Harry Patch

Any man who thinks he can be happy and prosperous by letting the Government take care of him, better take a closer look at the American Indian.

Henry Ford



First they ignore you, then they laugh at you, then they fight you, then you win.

Mahatma Gandhi

Mankind must put an end to war before war puts an end to mankind.

John F. Kennedy

A society whose citizens refuse to see and investigate the facts, who refuse to believe that their government and their media will routinely lie to them and fabricate a reality contrary to verifiable facts, is a society that chooses and deserves the Police State Dictatorship it's going to get.

Ian Willaims Goddard

War does not determine who is right—only who is left.

Bertrand Russell

Like all the members of the military profession, I never had a thought of my own until I left the service. My mental faculties remained in suspended animation while I obeyed the orders of higher-ups. This is typical with everyone in the military service.

Smedley D. Butler

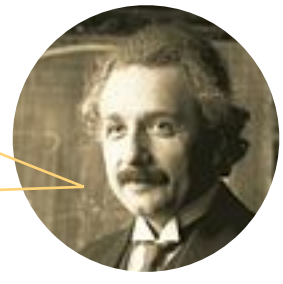
Force is all-conquering, but its victories are short-lived.

Abraham Lincoln

Give me the money that has been spent in war and I will clothe every man, woman, and child in an attire of which kings and queens will be proud. I will build a schoolhouse in every valley over the whole earth. I will crown every hillside with a place of worship consecrated to peace.

Charles Sumner

The release of atom power has changed everything except our way of thinking. The solution to this problem lies in the heart of mankind. If only I had known, I should have become a watchmaker.



Albert Einstein

The direct use of force is such a poor solution to any problem, it is generally employed only by small children and large nations.

David Friedman

A great war leaves the country with three armies—an army of cripples, an army of mourners, and an army of thieves.

German Proverb

The world has achieved brilliance without wisdom, power without conscience. Ours is a world of nuclear giants and ethical infants. We know more about war that we know about peace, more about killing that we know about living.

Omar Bradley

What a cruel thing is war: to separate and destroy families and friends, and mar the purest joys and happiness in this world; to fill our hearts with hatred instead of love for our neighbors, and to devastate the fair face of this beautiful world.

Robert E. Lee

All war is a symptom of man's failure as a thinking animal.

John Steinbeck

Emergencies have always been the pretext on which the safeguards of individual liberty have been eroded.

Friedrich August von Hayek

War may sometimes be a necessary evil. But no matter how necessary, it is always an evil, never a good. We will not learn how to live together in peace by killing each other's children.

Jimmy Carter

Whoever fights monsters should see to it that in the process he does not become a monster. And if you gaze long enough into an abyss, the abyss will gaze back into you.

Friedrich Nietzsche

The strength of a nation derives from the integrity of the home.

Confucius

Security for one is security for all.

Vladimir Putin

War is only possible because soldiers make it so—men killing men they've never met, for the rich and politicians they learn to detest later in life. When ordered to fight when their nation is not under attack, every soldier should exercise their right as a conscientious objector.

Trung Nguyen

History teaches us that men and nations behave wisely once they have exhausted all other alternatives.

Abba Eban

Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.

Sun Tzu

The greatest moral evil is, of course, war.

Voltaire

The ebb and flow of history has demonstrated that militaristic nations produce far fewer offsprings than peaceful nations. Examine the modern populations of Greece, Iran, Italy, and Mongolia to those that of India, China, and the African continent. The Greek, Persian, Roman, and Mongolian empires are history. Whereby the progeny of meek and peaceful civilizations have multiplied and make up most of Earth's citizens. As for the Spanish and British empires, their offsprings are being mated into the minority on every land they have colonized. Even their homelands are being overrun by former colonial subjects. This is Karma in action.

Nature is telling us that She prefers peace over war. She will disperse and dissolve and breed the aggressors into the minority or out of existence. The U.S.A. and European colonists should heed Nature's preference.

Trung Nguyen

The supreme art of war is to subdue the enemy without fighting.

Sun Tzu

Supreme excellence consists of breaking the enemy's resistance without fighting.

Sun Tzu

If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.

Sun Tzu

Rouse him, and learn the principle of his activity or inactivity. Force him to reveal himself, so as to find out his vulnerable spots.

Sun Tzu

There is no instance of a nation benefitting from prolonged warfare.

Sun Tzu

To win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the acme of skill.

Sun Tzu

Who wishes to fight must first count the cost.

Sun Tzu

If your enemy is secure at all points, be prepared for him. If he is in superior strength, evade him. If your opponent is temperamental, seek to irritate him. Pretend to be weak, that he may grow arrogant. If he is taking his ease, give him no rest. If his forces are united, separate them. If sovereign and subject are in accord, put division between them. Attack him where he is unprepared, appear where you are not expected.

Sun Tzu

The whole secret lies in confusing the enemy, so that he cannot fathom our real intent.

Sun Tzu

The true soldier fights not because he hates what is in front of him, but because he loves what is behind him.

G.K. Chesterton

The best weapon against an enemy is another enemy.

Friedrich Nietzsche

War is a racket. It always has been. It is possibly the oldest, easily the most profitable, surely the most vicious. It is the only one international in scope. It is the only one in which the profits are reckoned in dollars and the losses in lives.

Smedley D. Butler

When the rich wage war, it's the poor who die.

Jean-Paul Sarte

Patriotism is, fundamentally, a conviction that a particular country is the best in the world because you were born in it.

George Bernard Shaw

A soldier will fight long and hard for a bit of colored ribbon.

Napoleon Bonaparte

There are only two reasons why you should ever be asked to give your youngsters. One is defense of our homes. The other is the defense of our Bill of Rights and particularly the right to worship as we see fit. Every other reason advanced for the murder of young men is a racket, pure and simple.

Smedley D. Butler

Probably, no nation is rich enough to pay for both war and civilization. We must make our choice; we cannot have both.

Abraham Flexner

WAR IS A RACKET

War is just a racket. A racket is best described, I believe, as something that is not what it seems to the majority of people. Only a small inside group knows what it is about. It is conducted for the benefit of the very few at the expense of the masses.
I believe in adequate defense at the coastline and nothing else. If a nation comes over here to fight, then we'll fight. The trouble with America is that when the dollar only earns 6 percent over here, then it gets restless and goes overseas to get 100 percent. Then the flag follows the dollar and the soldiers follow the flag.
I wouldn't go to war again as I have done to protect some lousy investment of the bankers. There are only two things we should fight for. One is the defense of our homes and the other is the Bill of Rights. War for any other reason is simply a racket.

There isn't a trick in the racketeering bag that the military gang is blind to. It has its “finger men” to point out enemies, its “muscle men” to destroy enemies, its “brain men” to plan war preparations, and a “Big Boss” Super-Nationalistic-Capitalism.
It may seem odd for me, a military man to adopt such a comparison. Truthfulness compels me to. I spent thirty- three years and four months in active military service as a member of this country's most agile military force, the Marine Corps. I served in all commissioned ranks from Second Lieutenant to Major-General. And during that period, I spent most of my time being a high class muscle- man for Big Business, for Wall Street and for the Bankers. In short, I was a racketeer, a gangster for capitalism.

I suspected I was just part of a racket at the time. Now I am sure of it. Like all the members of the military profession, I never had a thought of my own until I left the service. My mental faculties remained in suspended animation while I obeyed the orders of higher-ups. This is typical with everyone in the military service.
I helped make Mexico, especially Tampico, safe for American oil interests in 1914. I helped make Haiti and Cuba a decent place for the National City Bank boys to collect revenues in. I helped in the raping of half a dozen Central American republics for the benefits of Wall Street. The record of racketeering is long. I helped purify Nicaragua for the international banking house of Brown Brothers in 1909-1912. I brought light to the Dominican Republic for American sugar interests in 1916. In China I helped to see to it that Standard Oil went its way unmolested.

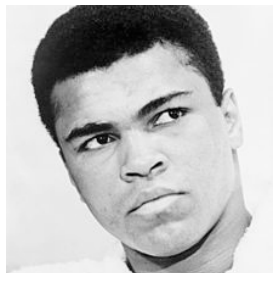
During those years, I had, as the boys in the back room would say, a swell racket. Looking back on it, I feel that I could have given Al Capone a few hints. The best he could do was to operate his racket in three districts. I operated on three continents.

Major General Smedley D. Butler
Two-time Medal of Honor winner
The most decorated marine of his time (1881-1940)
One of the most decorated soldiers of all time
Author of “War Is a Racket”

A CONSCIENTIOUS OBJECTOR

Why should they ask me to put on a uniform and go 10,000 miles from home and drop bombs and bullets on Brown people in Vietnam while so-called Negro people in Louisville are treated like dogs and denied simple human rights? No I'm not going 10,000 miles from home to help murder and burn another poor nation simply to continue the domination of white slave masters of the darker people the world over. This is the day when such evils must come to an end. I have been warned that to take such a stand would cost me millions of dollars.

But I have said it once and I will say it again. The real enemy of my people is here. I will not disgrace my religion, my people or myself by becoming a tool to enslave those who are fighting for their own justice, freedom and equality. If I thought the war was going to bring freedom and equality to 22 million of my people they wouldn't have to draft me, I'd join tomorrow. I have nothing to lose by standing up for my beliefs. So I'll go to jail, so what? We've been in jail for 400 years.



Muhammad Ali

FREEDOM

freedom

right, self-determination, self-rule, independence

1. The state of being free, of not being imprisoned or enslaved.

2. The lack of a specific constraint, or of constraints in general; a state of being free, unconstrained.

Freedom is a legal right and not a privilege, since it is enjoyed mostly by those in democratic societies. However, basic freedoms that should be afforded to every person of every nation are enclosed in the First Amendment of the U.S. Constitution:

> *Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peacefully to assemble, and to petition the government for a redress of grievances.*

In essence: freedom of speech, freedom of the press, freedom to practice religion, and freedom to peacefully protest and demonstrate. It should be noted that the U.S. Constitution (1787) borrowed many ideals from the Magna Carta (British, Great Charter of Liberties, 1215). However, one of the oldest recorded documents espousing universal human rights was the Cyrus Cylinder, believed to have been drafted in 6th century BC by the Persian King Cyrus the Great. Freedom is a universal theme throughout history.

The sole purpose of government is to nurture and serve its people, not to oppress and exploit them. A government that no longer serves its people fears them, and a government that fears its people is a government to be overthrown. First, by peaceful demonstration and activism through the political process; second, by civil disobedience

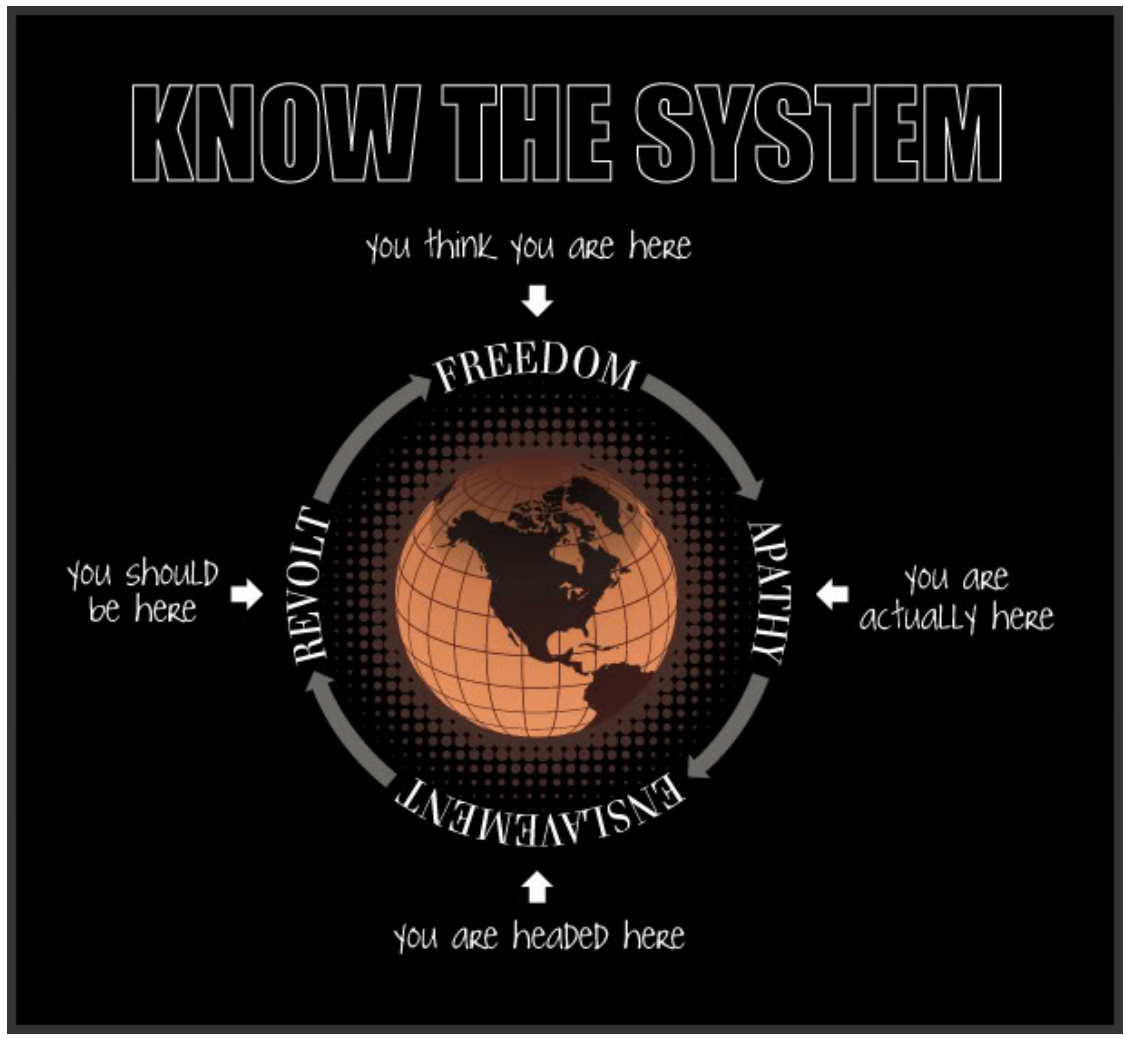
through refuse to serve (denial of service), boycotts, groups, and unions; finally, if required, by all means necessary.

A government that monitors and spies on its citizens, restricts their expression and movement, is a tyrannical government. Any government that denies its citizens basic freedoms is governing for its own benefit, not for the common good of its people.

History is rife with recorded rebellions, revolutions (revolts), and civil wars dating back to the Set rebellion of 2,740 BC in Egypt. Some of the more well-known revolutions are the British Peasant Revolt, the French Revolution, the Russian Revolution, the American Revolution, and the Fall of the Berlin Wall. Revolutions are expected when governments suppress or deny basic freedoms to their peoples.

Despite what history has demonstrated over 2,000 years, the disturbing question is, "Why do certain groups of people still insist on oppressing or enslaving their fellow humans?"

In the long arc of time, a nation is safe and secure only when its people are afforded basic freedoms. When people are given their natural rights, they will work and die for their government because the government represents the people. It is the people.



Freedom isn't free. It shouldn't be a bragging point that, "Oh, I don't get involved in politics," as if that makes someone cleaner. No, that makes your derelict of duty in a republic. Liars and panderers in government would have a much harder time of it if so many people didn't insist on their right to remain ignorant and blindly agreeable.

Bill Maher

Responsibility is the price of freedom.

Elbert Hubbard

I'd rather die on my feet than live on my knees.

Emiliano Salazar

Men fight for freedom, then they begin to accumulate laws to take it away from themselves.

Ritu Ghatourey

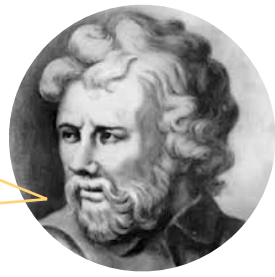
Those who deny freedom to others deserve it not for themselves.

Abraham Lincoln

The most important kind of freedom is to be what you really are. You trade in your reality for a role. You trade in your sense for an act. You give up your ability to feel, and in exchange, put on a mask. There can't be any large-scale revolution until there's a personal revolution, on an individual level. It's got to happen inside first.

Jim Morrison

Happiness and freedom begin with a clear understanding of one principle: some things are within your control and some things are not.



Epictetus

If you are neutral in situations of injustice, you have chosen the side of the oppressor.

Desmond Tutu

Freedom is not the ability to do whatever you want. Freedom is the strength of character to do what is good, true, noble, and right.

Matthew Kelly

Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry his own weight, this is a frightening prospect.

Eleanor Roosevelt

Life is about proving yourself. Being an individual. Refuse to conform. Be different. Be who you are. Be proud. Don't let others bring you down. Love yourself. It's the only way to survive in this world. Your choices matter, your actions make a difference; your example will influence others. Be free to be who you want as long as you don’t hurt anyone. That is freedom.

Naturalopist

People demand freedom of speech as a compensation for the freedom of thought which they seldom use.

Søren Kierkegaard

I know where I'm going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want.

Muhammad Ali

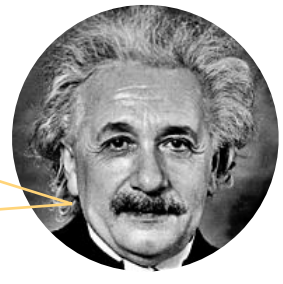
I don't think it's about more gun control. I grew up in the south with guns everywhere and we never shot anyone. This shooting is about people who aren't taught the value of human life.

Samuel L. Jackson

The government does not want us to expand our consciousness. If we begin to recognize that we are powerful souls that create our reality, it will take away their power to enslave us. This is why there is fluoride in the water, chemtrails in the sky reflecting HAARP energy to affect our minds, aspartame in our food, and GMOs. This is why we are bombarded with distractions to keep our minds occupied with things that don't matter, they don't want us to think at all.

Terrence McKenna

Everything which is really great and inspiring is created by the individual who can labour in freedom.



Albert Einstein

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

Ralph Waldo Emerson

Seek freedom and become captive of your desires, seek discipline and find your liberty.

Frank Herbert

The really important kind of freedom involves attention, and awareness, and discipline, and effort, and being able truly to care about other people and to sacrifice for them, over and over, in myriad petty little unsexy ways, every day.

David Foster Wallace

I know but one freedom and that is the freedom of the mind.

Antoine de Saint-Exupery

The greatest fear in the world is of the opinions of others. And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great lion roar arises in your heart, the roar of freedom.

Rajneesh

True freedom is impossible without a mind made free by discipline.

Mortimer J. Adler

Normal is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for—in order to get the job you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it.

Ellen Goodman

I am no bird; and no net ensnares me: I am a free human being with an independent will.

Charlotte Brontë

The price of freedom is eternal vigilance.

Thomas Jefferson

When it gets down to having to use violence, then you are playing the system's game. The establishment will irritate you, pull your beard, flick your face to make you fight. Because once they've got you violent, then they know how to handle you. The only thing they don't know how to handle is non-violence and humour.

John Lennon

Only virtuous people are capable of freedom.
As nations become more corrupt and vicious,
they have more need of masters.

Benjamin Franklin

Doing what you like is freedom.
Liking what you do is happiness.

Naturalopist

Freedom is not worth having if it does not include the freedom to make mistakes.

Mahatma Ghandi

You were born free and will die free, but will you live free?

Naturalopist

The individual has always had to struggle to keep from being overwhelmed by the tribe. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself.

Friedrich Nietzsche

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes.

You are free.

Jim Morrison

Most powerful is he who has himself in his own power.

Seneca

Nobody can give you freedom. Nobody can give you equality or justice or anything. If you're a man, you take it.

Malcolm X

Better to die fighting for freedom than be a prisoner all the days of your life.

Bob Marley

If we are to guard against ignorance and remain free, it is the responsibility of every citizen to be informed.

Thomas Jefferson

FIRST THEY CAME

When the Nazis came for the communists,
I remained silent because I was not a communist.

When they locked up the social democrats,
I remained silent because I was not a social democrat.

When they came for the trade unionists,
I did not speak out because I was not a trade unionist.

When they came for the Jews,
I remained silent because I was not a Jew.

When they came for me,
there was no one left to speak for me.

Martin Niemöller

FORBIDDEN KNOWLEDGE

Commercial interests with their advertising industry do not want people to develop contentment and less greed. Military interests in economic, political, ethnic or nationalist guises, do not want people to develop more tolerance, nonviolence and compassion. And ruling groups in general, in whatever sort of hierarchy do not want the ruled to become too insightful, too independent, too creative on their own, as the danger is that they will become insubordinate, rebellious, and unproductive in their allotted tasks.

Martin Robert

PRECEPT 20

TIME

time

life, chronology, season, past, present, future, lifetime

1. The inevitable progression into the future with the passing of present events into the past.

2. A measurement of a quantity of time; a numerical or general indication of a length of progression.

Our time is limited on this Earth—our days are numbered the day we were born. Our thinking about our place in the world changes when we come to this realization. With this acceptance, we begin to prioritize where to spend our time. We make a list of the things that are important and those that are trivial. Then we only spend our time on the important matters, since we have no time for trivialities.

After we die, all that is left are the memories we leave behind. At the longest, our great-grandchildren will remember and cherish us through photographs and videos. Beyond that, only our good deeds will ensure our afterlife beyond three generations.

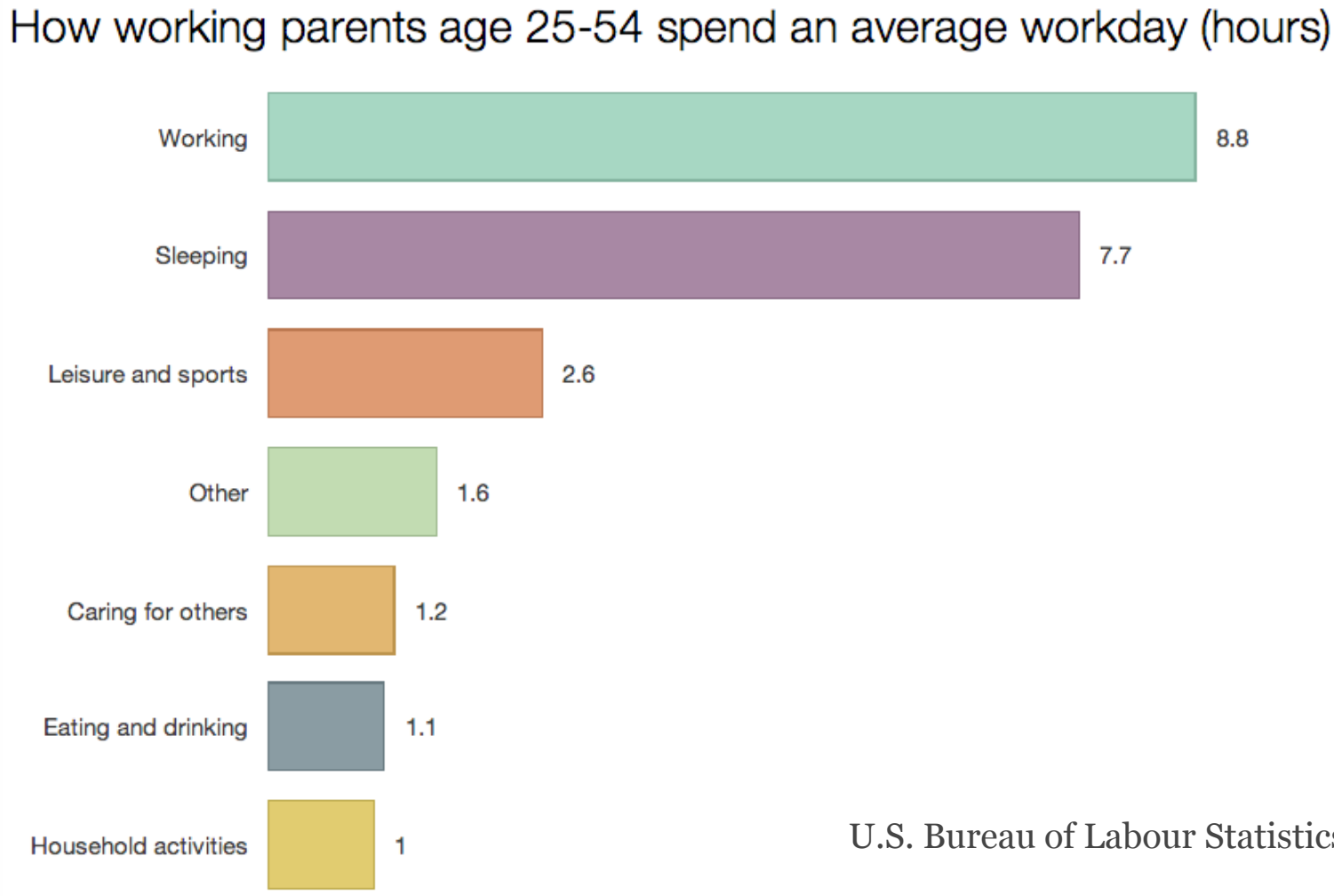
Time, once wasted cannot be reclaimed. Use it wisely on the activities, behavior, and people that are important to us.

Life can be long or it can be short. It depends how wisely we use our time. We can waste time watching others live their lives, or we can live our own life.

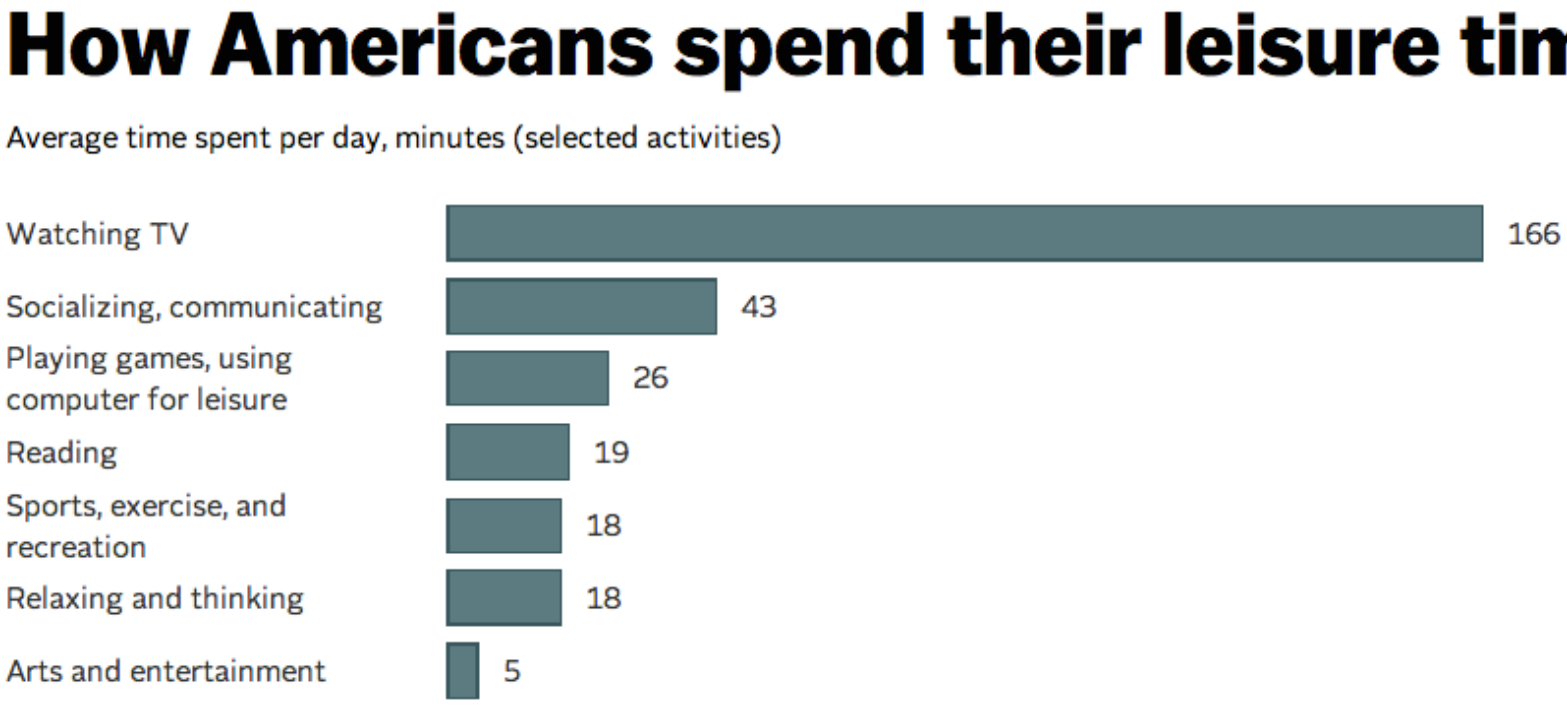
You only live once. Make it count.

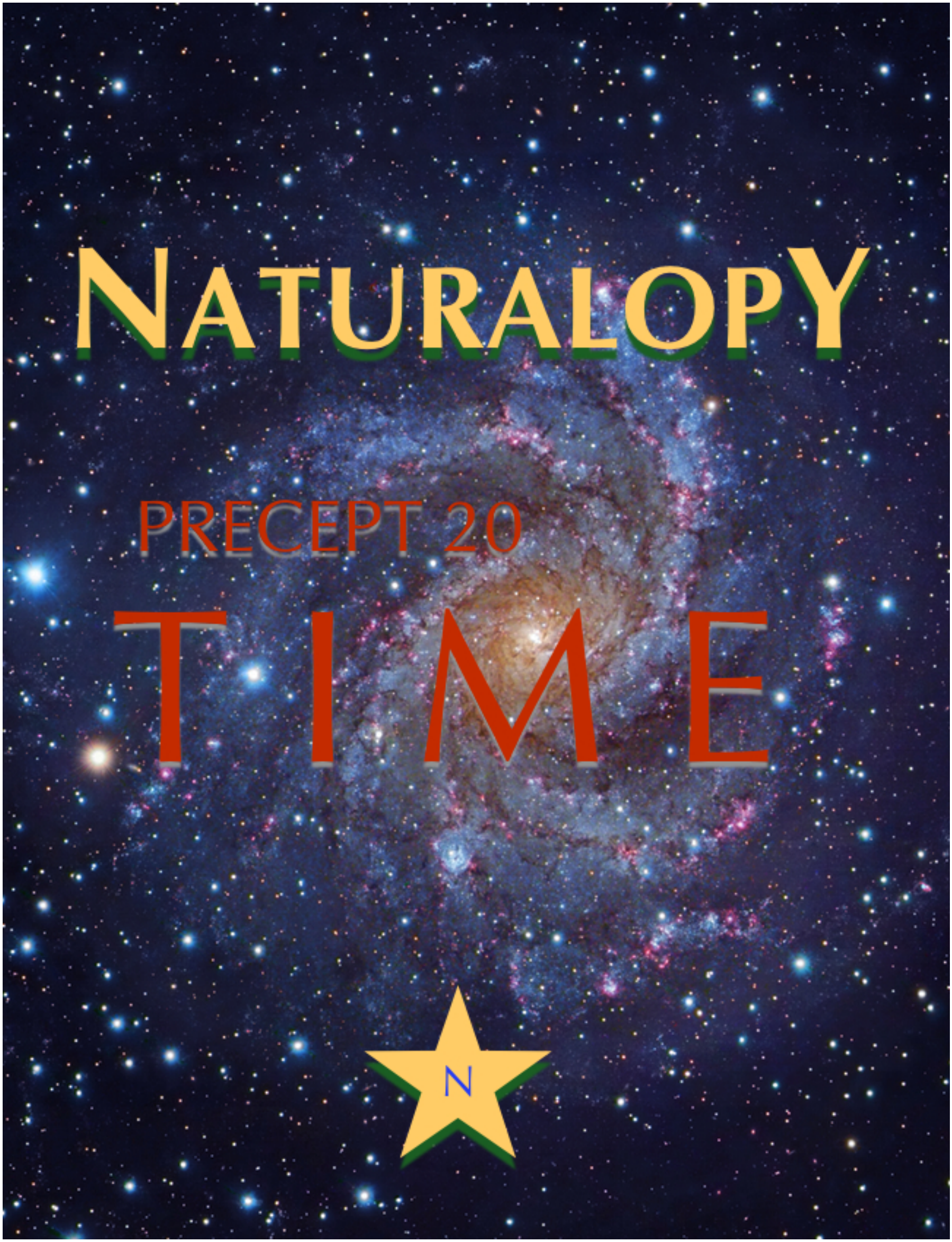
For an average person, in an average day, where do we find the time to do the things that are important to us? We have to make the time by removing the trivial matters from our life. Remember, we only live once, so use our time wisely and make it count.

We can watch others live their lives, or we can live our own life.



U.S. Bureau of Labour Statistics




NATURALOPY
PRECEPT 20
TIME
N

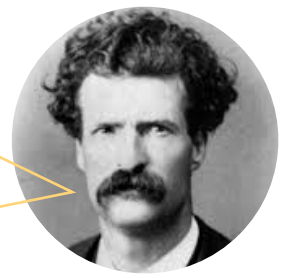
The trouble is, you think you have enough time.

Buddha

If you truly love life, don’t waste time. For time is what life is made of.

Bruce Lee

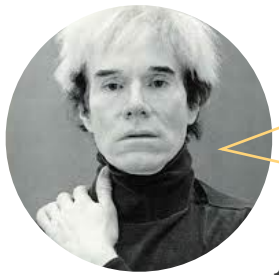
Life is short, break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile. Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails.



Mark Twain

Time is a sort of river of passing events, and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place, and this too will be swept away.

Marcus Aurelius



They always say time changes things, but you actually have to change them yourself.

Andy Warhol

In the end, it's not the years in your life that count. It's the life in your years.

Abraham Lincoln

Life is like riding a bicycle. To keep your balance you must keep moving.

Albert Einstein

Life is a journey, not a destination.

Ralph Waldo Emerson

Every man dies, not every man really lives.

William Wallace

Time heals all wounds.

Naturalopist

The acceptance of death gives you more of a stake in life, in living life happily, as it should be lived. Living for the moment.

Sting

Age is just a state of mind.

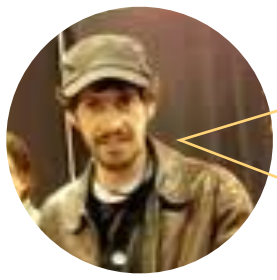
Ken Norton

Each morning we are born again. What we do today is what matters most.

Buddha

Someone who has wasted your time is not worth your time.

Trung Nguyen



Only when you accept that one day you'll die can you let go, and make the best out of life. And that's the big secret. That's the miracle.

Gabriel Bá

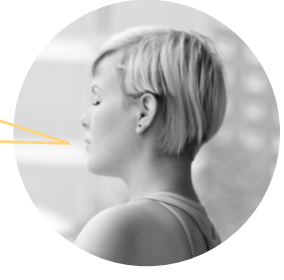
Time is our most valuable asset, yet we tend to waste, kill it, and spend it rather than invest it.

Jim Rohn

Death is a challenge. It tells us not to waste time. It tells us to tell each other right now that we love each other.

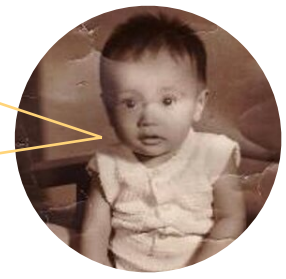
Leo Buscaglia

When your past calls, don't answer if you have learnt its mistakes. It has nothing new to say.



Naturalopist

The butterfly said to the Sun, "They can't stop talking about my transformation. I can only do it once in my lifetime. If only they knew, they can do it at any time and in countless ways."



Dodinsky

You will never change your life until you change something you do daily.

John Maxwell

As you get older you will understand more and more that it’s not about what you look like or what you own, it’s all about the person you’ve become.

Motherly Advice

How we spend our days is, of course, how we spend our lives.

Annie Dillard

It’s a terrible thing, I think, in life to wait until you’re ready. I have this feeling now that actually no one is ever ready to do anything. There is almost no such thing as ready. There is only now. And you may as well do it now. Generally speaking, now is as good a time as any.

Hugh Laurie

The first half of life is devoted to forming a healthy ego. The second half is going inward and letting go of it.

Carl Jung

We're all going to die, all of us, what a circus! That alone should make us love each other but it doesn't. We are terrorized and flattened by trivialities, we are eaten up by nothing.

Charles Bukowski

The successful person budgets time, income and expenditures, living within his means. The failure squanders time and income with a contemptuous disregard for their value.

Napoleon Hill

I have no time to be in a hurry.

Henry David Thoreau

Write it on your heart that every day is the best day in the year.

Ralph Waldo Emerson

In the grand scheme of the cosmos, our time on Earth is transient. The only enduring memories of our existence are from our progeny and good deeds.

Trung Nguyen

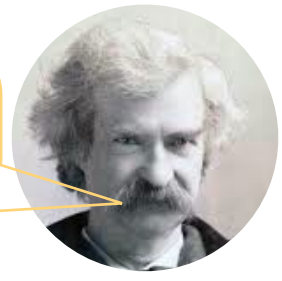
Maybe there isn't a meaning to life. Maybe there's only a meaning to living.

Kami Garcia

Do it now! can affect every phase of your life. It can help you do the things you should do but don't feel like doing. It can keep you from procrastinating when an unpleasant duty faces you. But it can also help you do those things that you want to do. It helps you seize those precious moments that, if lost, may never be retrieved.

Napoleon Hill

Age is an issue of mind over matter. If you don't mind, it doesn't matter.



Mark Twain

It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.

Mae Jemison

Whether it is the best of times or the worst of times, it is the only time we have.

Art Buchwald

We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations.

Anais Nin

The unexamined life is not worth living.

Socrates

TIME ACCOUNT

Imagine there is a bank account that credits your account each morning with $86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day.

What would you do? Draw out every cent, of course? Each of us has such a bank, its name is time. Every morning, it credits you 86,400 seconds. Every night it writes off as a loss, whatever of this you failed to invest to a good purpose.

It carries over no balance. It allows no over draft.

Each day it opens a new account for you.

Each night it burns the remains of the day.

If you fail to use the day's deposits, the loss is yours.

There is no drawing against "tomorrow".

You must live in the present on today's deposits.

Invest it so as to get from it the utmost in health, happiness, and success. The clock is running.

Make the most of today.

Marc Levy
If Only It Were True

ORIGIN

origin

root, progeny, ancestor, connection, source

1. The beginning of something.

2. The point at which something comes into existence or from which it is derived from.

If Humans came from Adam and Eve in the Garden of Eden about 6,000 - 10,000 years ago as the Christians, Jews, and Muslims believe, then all of science is wrong. And everything archaeologists and scientists know about periodic dating, evolution, biology, chemistry, and physics is a sham. The truth is finite and not selective—the truth is objective and not biased depending on a person's religion. If we enjoy the wonders of modern technology, then we must accept the conclusion that the same technology refutes and disclaims: Humans did NOT originate from Adam and Eve in the Garden of Eden 6,000 - 10,000 years ago. Humans are the product of roughly 4.5 billion years of atomic, molecular, and cellular evolution on this Earth. With the scientific knowledge available, it would be absurd to believe that we were seeded by Adam and Eve in the Garden of Eden (believed to be in modern day Iraq or Iran). Besides, there were thriving civilizations, notably in India and China, 6,000 - 10,000 years ago.

Every culture since time immemorial has woven tales of creation to satisfy its curiosity of existence. It did this by creating a god or group of gods. We now know that our ancestors created these tales and fables in absence of scientific knowledge. We now have scientific knowledge, thus no need for tales and fables.

An enlightened person looks upon a person who believes in god as an adult who looks upon a child who believes in Santa Claus.

Elegance goes directly to the question of how the laws of nature are constructed. Nobody knows the answer to that. Nobody! It's a perfectly legitimate hypothesis, in my view, to say that some extremely elegant creator made those laws. But I think if you go down that road, you must have the courage to ask the next question, which is: Where did that creator come from? And where did his, her, or its elegance come from? And if you say it was always there, then why not say that the laws of nature were always there and save a step?

Carl Sagan

No matter what you look at, if you look at it closely enough, you are involved in the entire Universe.

Michael Farady

You are never alone or helpless. The force that guides the stars guides you, too.

Shrii Shrii Anandamurti

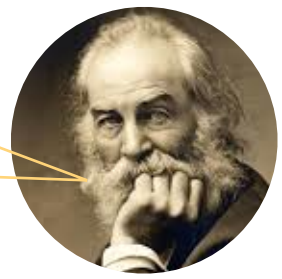
We are just an advanced breed of monkeys on a minor planet of a very average star. We have this one life to appreciate the grand design of the universe and for that, I am extremely grateful.

Stephen Hawking

If you wish to understand the Universe,
think of energy, frequency, and vibration.

Nikola Tesla

I believe a leaf of grass is no less than
the journey-work of the stars.



Walt Whitman

If children understand that beliefs should be sub-
stantiated with evidence, as opposed to tradition,
authority, revelation or faith, they will automatically
work out for themselves that they are atheists.

Richard Dawkins

We are all powerful and extraordinary,
for we were birthed by the stars.

Trung Nguyen

It is a curious situation that the sea, from which life first arose should now be threatened by the activities of one form of that life. But the sea, though changed in a sinister way, will continue to exist; the threat is rather to life itself.

Rachel Carson

Today the theory of evolution is about as much open to doubt as the theory that the earth goes round the sun.

Richard Dawkins

The mind of man has perplexed itself with many hard questions. Is space infinite, and in what sense? Is the material world infinite in extent, and are all places within that extent equally full of matter? Do atoms exist or is matter infinitely divisible?

James Clerk Maxwell

My personal feeling is that understanding evolution led me to atheism.

Richard Dawkins

It is good to know our universe.
What is new is only new to us.

Pearl S. Buck

Now, my own suspicion is that the universe is not only stranger than we suppose, but stranger than we can suppose.

J.B.S. Haldane

I am against religion because it teaches us to be satisfied with not understanding the world.

Richard Dawkins

There are an awful lot of scientists today who believe that before very long we shall have unraveled all the secrets of the universe. There will be no puzzles anymore. To me, it'd be really, really tragic because I think one of the most exciting things is this feeling of mystery, feeling of awe, the feeling of looking at a little live thing and being amazed by it and how it has emerged through these hundreds of years of evolution and there it is and it is perfect and why.

Jane Goodall

All the mathematical sciences are founded on relations between physical laws and laws of numbers, so that the aim of exact science is to reduce the problems of nature to the determination of quantities by operation with numbers.

James Clerk Maxwell

Creationists make it sound as though a theory is something you dreamt up after being drunk all night.

Isaac Asimov

One of the saddest lessons in history is this: If we've been bamboozled long enough, we tend to reject any evidence of the bamboozle. We're no longer interested in finding out the truth. The bamboozle has captured us. It's simply too painful to acknowledge, even to ourselves that we've been taken. Once you give a charlatan power over you, you almost never get it back.

Carl Sagan

The Enlightenment is under threat. So is reason. So is truth. So is science, especially in the schools of America.

Richard Dawkins

The cosmos is within us, we're made of star stuff. We are a way for the cosmos to know itself.

Carl Sagan

The old appeals to racial, sexual, religious chauvinism to rabid nationalist fervor are beginning not to work. A new consciousness is developing which sees the earth as a single organism, and recognizes that an organism at war with itself is doomed.

We are One Planet.

Carl Sagan

Science is an attempt, largely successful, to understand the world, to get a grip on things, to get a hold of ourselves, to steer a safe course. Microbiology and meteorology now explain what only a few centuries ago was considered sufficient cause to burn women to death.

Carl Sagan

Our species needs, and deserves, a citizenry with minds wide awake and a basic understanding of how the world works.

Carl Sagan

Science is more than a body of knowledge. It's a way of thinking, a way of skeptically interrogating the universe.

Carl Sagan

The idea that god is an oversized-white male with a flowing beard who sits in the sky and tallies the fall of every sparrow is ludicrous. But if by god one means the set of physical laws that govern the universe, then clearly there is such a god. This god is emotionally unsatisfying. It does not make sense to pray to the Law of Gravity.

Carl Sagan

In the way that skepticism is sometimes applied to issues of public concern, there is a tendency to belittle, to condescend, to ignore the fact that, deluded or not, supporters of superstition and pseudoscience are human beings with real feelings, who, like the skeptics, are trying to figure out how the world works and what our role in it might be. Their motives are in many cases consonant with science. If their culture has not given them all the tools they need to pursue this great quest, let us temper our criticism with kindness. None of us comes fully equipped.

Carl Sagan

A still glorious dawn awaits.

Carl Sagan

If you lived two or three millennia ago, there was no shame in holding that the Universe was made for us. It was an appealing thesis consistent with everything we knew; it was what the most learned among us taught without qualification. But we have found out much since then. Defending such a position today amounts to willful disregard of the evidence, and a flight from self-knowledge.

Carl Sagan

Cosmos is a Greek word for the order of the universe. It is, in a way, the opposite of Chaos. It implies the deep interconnectedness of all things. It conveys awe for the intricate and subtle way in which the universe is put together.

Carl Sagan

Fanatic ethnic or religious or national identifications are a little difficult to support when we see our planet as a fragile, blue crescent fading to become an inconspicuous point of light against the bastion and citadel of the stars.

Carl Sagan

For small creatures such as we the vastness is bearable only through love.

Carl Sagan

CHANGE

change

advance, development, metamorphosis, adjustment, transformation

1. The process of becoming different.

2. To become something different.

Change is a part of life. However, negative change is regression; positive change is growth. Each day we get to choose which change to make with our choices.

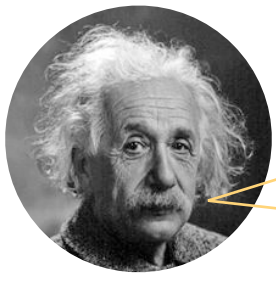
We change out of inspiration or desperation. If we change out of desperation, it is due to pain, misery, and suffering—we know what we no longer want. If we change due to inspiration, it comes from within—we aspire to become something greater than those who “lead lives of quiet desperation and go to the grave with the song still in them”.

If we resist change, we get left behind. Change is growth. Embrace it. Accept it. More importantly, instead of being forced to change, be the change agent for ourself and others.

We can be forced to change or be an agent of change. Be proactive when it comes to change.

The only constant in life is change.

Heraclitus



Insanity: doing the same thing over and over again and expecting different results.

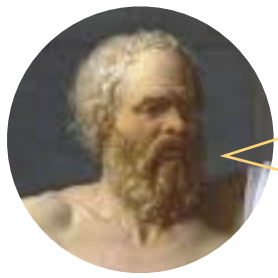
Albert Einstein

I have looked in the mirror every morning and asked myself, “If today were the last day of my life, would I want to do what I am about to do today?” And whenever the answer has been “No”, for too many days in a row, I know I need to change something.

Steve Jobs

Change is not always easy, but with patience and perseverance, we can find good in change. Just remember, if nothing ever changed, there would be no butterflies.

Abhishek Tiwari



The secret of change is to focus all of your energy, not on fighting the old, but on building the new.

Socrates

To change your life, change something you do daily.

Naturalopist

If there's a bustle in your hedgerow, don't be alarmed now

It's just a spring clean for the May queen

Yes, there are two paths you can go by, but in the long run

There's still time to change the road you're on

Led Zeppelin

Krishnamurti

The only hope for humankind is in the transformation of the individual.

Consider how hard it is to change yourself and you'll understand what little chance you have in trying to change others.

Jacob M. Braude

When we accept that our days are numbered on this Earth, then our choices are based on activities, behaviour, and people that add value to our life and make us a better and happier people. Everything else is a waste of time and energy.

Trung Nguyen

The universe is change; our life is what our thoughts make it.

Marcus Aurelius

When someone says, "You've changed." It simply means you've stopped living your life their way.

Naturalopist

All great changes are preceded by chaos.

Deepak Chopra

If you're reading these words, perhaps it's because something has kicked open the door for you, and you're ready to embrace change. It isn't enough to appreciate change from afar, or only in the abstract, or as something that can happen to other people but not to you. We need to create change for ourselves, in a workable way, as part of our everyday lives.

Sharon Salzberg

People only accept change when they are faced with necessity, and only recognize necessity when a crisis is upon them.

Jean Monnet

The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.

Muhammad Ali

In the struggle for survival, the fittest win out at the expense of their rivals because they succeed in adapting themselves best to their environment.

Charles Darwin

You always have a choice. Always. Where there's choice, there's ability to change. Choose wisely.

Naturalopist

When she transformed into a butterfly, the caterpillars spoke not of her beauty, but of her weirdness. They wanted her to change back into what she always had been. But she had wings.

Dean Jackson

Emotion and passion drive action; not sterile debate. Attitudes change when people engage and feel. BE DISRUPTIVE. UNRAVEL COMPLACENCY. IT'S OUR JOB. We need to obliterate the status quo—not tolerate it; not become a part of it. Be loud! Be unafraid!

Jerry Vlasak

Everyone thinks of changing the world, but no one thinks of changing themself.

Leo Tolstoy

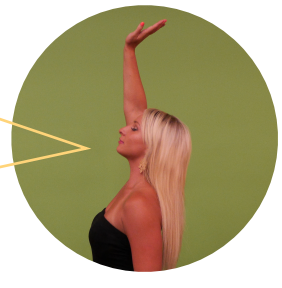
When you are through changing, you are through.

Bruce Barton

Naturalopist

It's acceptable to be wrong, it's OK to change your mind, your beliefs, your ways. It's even OK to live in a temporary state of hypocrisy as you slowly make changes. Often our ideas can outreach our capacities and so we need time to adjust. In order to grow beyond the limitations of our current paradigm we must humbly accept that we may have been wrong in certain areas of our lives and set out to make those changes.

It only takes one person to make you happy and change your life: YOU.



Naturalopist

Things do not change; we change.

Henry David Thoreau

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

Henri Bergson

Change always comes bearing gifts.

Price Pritchett

They must often change, who would be constant in happiness or wisdom.

Confucius

Sometimes to take a major step forward, you have to completely change direction.

Apple, Inc.

If nothing ever changed, there'd be no butterflies.

Naturalopist

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.

Harold Wilson

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another.

Anatole France

In order to grow, we need to change. And change can be painful, but enduring the temporary pain is more satisfying in the long-run than being stuck in the same rut.

Naturalopist

Just remember you can't change people, places, or things. The only thing you can change is yourself.

Motherly Advice

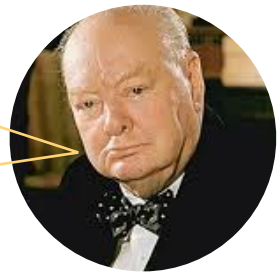
Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Maria Robinson

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.

Lao Tzu

To improve is to change; to be perfect is to change often.



Winston Churchill

You can’t start the next chapter of your life if you keep re-reading the last one.

Naturalopist

Your life does not get better by chance, it gets better by change.

Jim Rohn

Each day you wake up you have a chance to do what’s right, that’s your second chance from yesterday. Each right choice builds on the previous one, like floors on top of one another to build a skyscraper that is your life.

Trung Nguyen

Never too old, never too bad, never too late, never too sick to start from scratch once again.

Bikram Choudhury

Change is the essence of life. Be willing to surrender what you are for what you could become.

Naturalopist

Very often a change of self is needed more than a change of scene.

Arthur Christopher Benson

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

Henri Bergson

HOW TO CHANGE THE WORLD

When I was a young man, I wanted to change the world.
I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town.
I couldn't change the town and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.

Unknown Monk, Circa 1100 A.D.

PAST

past

finished, gone, forgotten, ended, spent, completed

1. The period of time that has already happened, in contrast to the present and the future.

2. A period of time that has been spent and cannot be reclaimed; finished.

The past teaches us what we need to know in order to build a brighter future. That is, only if we learn from its lessons. The past cannot be undone, so it is a waste of time dwelling in it beyond what is necessary. Learn from the mistakes of the past and move on. Move forward. Build a better future by using the lessons of the past.

Anyone who has “lived” will make mistakes, many of them have emotional baggage and emotional hangover. Mistakes are a natural process of living, of doing things, of exploring, of experimenting. Remember, life didn’t come with a manual. We make mistakes, we are not sinners. The better choices we make, the higher our quality of life.

The biggest mistake most of us make about the past is to focus on what we no longer want. The problem with that thinking is that we move toward what we focus on, even if what we focus on is what we’re trying to quit. To change a pattern, focus on what we want. Again, focus on what we want and what we want to do. To change something undesirable, replace it with something desirable. For example, if we keep thinking about the past, we eventually get the past, because we move in the direction of our most dominant thought. To replace the past, always focus on what we want.

The two most important lessons to take from the past are:

1. Learn from it.
2. Move forward.

Forgive the past. It is over. Learn from it and let go. People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past. See that person now. Your relationship is always alive and changing.

Brian L. Weiss

Study the past if you would define the future.

Confucius

My past has not defined me, destroyed me, deterred me, or defeated me; it has only strengthened me.

Steve Maraboli

What's past is prologue.

William Shakespeare

Life can only be understood backwards; but it must be lived forwards.

Søren Kierkegaard

Let us not look back in anger, nor forward in fear, but around us in awareness.

James Thurber

Some people like to live in the past because they're afraid of the future. The longer you live in the past, the shorter your future becomes. Relive the past, examine it from every angle, face it, accept it, take whatever lessons you can from it, then move on. Move forward. The sooner you let go, the better off you will be.

Trung Nguyen

The past has no power over the present moment.

Eckhart Tolle

Those who do not learn from history are condemned to repeat it.

John F. Kennedy

Your past is done. It's history. Live out your dreams. Work hard to make them a reality to build the future.

Naturalopist

Face your past without regret, handle your present with confidence,prepare for the future without fear. Keep the faith and drop the fear. Don't believe your doubts and never doubt your beliefs. Life is wonderful if you know how to live.

Naturalopist

Those who cannot remember the past are condemned to repeat it.

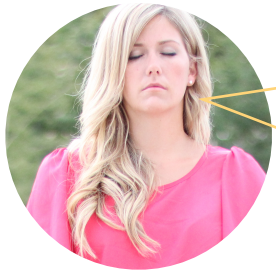
George Santayana

Never regret your past. The only thing you should regret is the time you've wasted with the wrong people.

Naturalopist

Life really does begin at forty. Up until then, you are just doing research.

Carl Jung



We may not be through with the past, but the past is through with us.

Naturalopist

The only time you should ever look back is to see how far you've come.

Naturalopist

You can’t reach for anything new if your hands are still full of yesterday’s junk.

Motherly Advice

Those with the darkest past are in a position to create the brightest future, for they have seen the emptiness.

Naturalopist

I know people who feel like they’ve wasted years of their lives because of poor choices. They spent years in a relationship that was toxic, years with an addiction, years at a job where they weren’t fulfilled. But you have to realize, nothing you have been through is ever wasted. Your past experiences, good and bad have deposited something on the inside of you. Those challenges have sharpened you to help make you who you are today.

Naturalopist

Your past mistakes are just practice runs for a brighter future. Some people need one practice run, while others need two or more.

Trung Nguyen

We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future.

Robin Sharma

The past cannot be changed, forgotten, edited, or erased. It can only be accepted.

Naturalopist

When you accept someone, you accept their past, too. So don't hold it or use it against them later.

Naturalopist

Life is meant to be lived forward, that's the reason we walk better forward than backward. Think about the past, analyze it, LEARN FROM IT, then move on. When you live in the past, you develop a victim mentality and it's hard to move forward with that mindset. Life didn't come with a manual, so the past is our manual. Learn from the past, accept it, be grateful for it, then move on to better things.

Trung Nguyen

PRESENT

present

current, today, now, immediate, at this moment

1. Relating to now, for the time being; current.

2. The current moment or period of time.

In the timeline that is our life, the present is unique. With the present, we can perform good deeds to redeem our past. With the present, we can build our future.

How do we prepare for the present? Meditation and visualization. Meditation is to calm the mind, and visualization to instruct the mind. Whatever we want to accomplish has to be first seeded in our mind, with visualization.

Prepare for the present by learning how to meditate and visualize.

Every person’s life is in the present. For the past is spent and done with and the future uncertain.

Marcus Aurelius

Whatever you want to do, do it now. There are only so many tomorrows.

Michael Landon

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs

Don’t ruin a good today by thinking about a bad yesterday. Let it go.

Motherly Advice

Never leave that till tomorrow which you can do today.

Benjamin Franklin

Don’t let yesterday use up too much of today.

Cherokee Proverb

Man surprised me most about humanity. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.

Jim Brown

It doesn’t really matter who I used to be. All that matters is who I have become.

Naturalopist

Yesterday is history, tomorrow is a mystery, today is a gift, which is why we call it the present.

Bil Keane

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

Buddha

Lao Tzu

If you are depressed, you are living in the past.

If you are anxious, you are living in the future.

If you are at peace, you are living in the present.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Maya Angelou

The best time to plant a tree was 20 years ago.
The second best time is now.

Chinese Proverb

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

Ralph Waldo Emerson

You can’t change the past. You can’t even change the future, in the sense that you can only change the present one moment at a time, stubbornly, until the future unwinds itself into the stories of our lives.

Larry Wall

The future depends on what you do today.

Mahatma Gandhi

STEVE JOBS ON LIFE AND DEATH

I am honored to be with you today at your commencement from one of the finest universities in the world. I never graduated from college. Truth be told, this is the closest I've ever gotten to a college graduation. Today I want to tell you three stories from my life. That's it. No big deal. Just three stories.

The first story is about connecting the dots.

I dropped out of Reed College after the first 6 months, but then stayed around as a drop-in for another 18 months or so before I really quit. So why did I drop out?
It started before I was born. My biological mother was a young, unwed college graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: "We have an unexpected baby boy; do you want him?" They said: "Of course." My biological mother later found out that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

And 17 years later I did go to college. But I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life and no idea how college was going to help me figure it out. And here I was spending all of the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, and begin dropping in on the ones that looked interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ deposits to buy food with, and I would walk the 7 miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example:

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer, was beautifully hand calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and san serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

None of this had even a hope of any practical application in my life. But ten years later, when we were designing the first Macintosh computer, it all came back to me. And we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts. And since Windows just copied the Mac, it's likely that no personal computer would have them. If I had never dropped out, I would have never dropped in on this calligraphy class, and personal computers might not have the wonderful typography that they do. Of course it was impossible to connect the dots looking forward when I was in college. But it was very, very clear looking backwards ten years later.

Again, you can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.

My second story is about love and loss.

I was lucky—I found what I loved to do early in life. Woz and I started Apple in my parents garage when I was 20. We worked hard, and in 10 years Apple had grown from just the two of us in a garage into a $2 billion company with over 4000 employees. We had just released our finest creation—the Macintosh — a year earlier, and I had just turned 30. And then I got fired. How can you get fired from a company you started? Well, as Apple grew we hired someone who I thought was very talented to run the company with me, and for the first year or so things went well. But then our visions of the future began to diverge and eventually we had a falling out. When we did, our Board of Directors sided with him. So at 30 I was out. And very publicly out. What had been the focus of my entire adult life was gone, and it was devastating.

I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down—that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure, and I even thought about running away from the valley. But something slowly began to dawn on me—I still loved what I did. The turn of events at Apple had not changed that one bit. I had been rejected, but I was still in love. And so I decided to start over.

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods of my life.

During the next five years, I started a company named NeXT, another company named Pixar, and fell in love with an amazing woman who would become my wife. Pixar went on to create the world’s first computer animated feature film, *Toy Story*, and is now the most successful animation studio in the world. In a remarkable turn of events, Apple bought NeXT, I returned to Apple, and the technology we developed at NeXT is at the heart of Apple's current renaissance. And Laurene and I have a wonderful family together.

I'm pretty sure none of this would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith. I'm convinced that the only thing that kept me going was that I loved what I did. You've got to find what you love. And that is as true for your work as it is for your lovers. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.

My third story is about death.

When I was 17, I read a quote that went something like: “If you live each day as if it was your last, someday you'll most certainly be right.” It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: “If today were the last day of my life, would I want to do what I am about to do today?” And whenever the answer has been “No” for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months.

It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

When I was young, there was an amazing publication called The Whole Earth Catalog, which was one of the bibles of my generation. It was created by a fellow named Stewart Brand not far from here in Menlo Park, and he brought it to life with his poetic touch. This was in the late 1960s, before personal computers and desktop publishing, so it was all made with typewriters, scissors, and polaroid cameras. It was sort of like Google in paperback form, 35 years before Google came along: it was idealistic, and overflowing with neat tools and great notions.

Stewart and his team put out several issues of The Whole Earth Catalog, and then when it had run its course, they put out a final issue. It was the mid-1970s, and I was your age. On the back cover of their final issue was a photograph of an early morning country road, the kind you might find yourself hitchhiking on if you were so adventurous. Beneath it were the words: “Stay Hungry. Stay Foolish.” It was their farewell message as they signed off.

Stay Hungry. Stay Foolish. And I have always wished that for myself. And now, as you graduate to begin anew, I wish that for you.

Stay Hungry. Stay Foolish.

Thank you all very much.

Steve Jobs
Stanford Commencement Speech, 2005

FUTURE

future

imminent, approaching, coming, inevitable, impending

1. The time ahead; those moments yet to be experienced.

2. Goodness in what is yet to come/Something to look forward to.

Our future is not an accident. We are responsible for creating it. To create the future:

1. Know what you want. Write it down.

2. Focus on what you want. Know why you want it.

3. Develop goals and plans on how to achieve what you want. The devil is in the detail.

4. Continue to focus on what you want. Meditate on it. Visualize on it.

5. Work hard to achieve those goals and plans.

6. Ignore the critics, doubters, and haters. “Those who can’t do, demean.”

7. If things aren’t working according to plan, change the plan, not what you want.

8. Be persistent. Keep pushing through obstacles and setbacks.

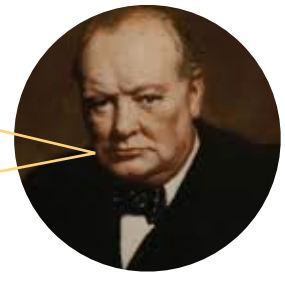
9. Keep working hard.

10. Be patient.
Go to step 4.

The best way to predict the future is
to create it.

Alan Kay

The empires of the future are the empires of the mind.



Winston Churchill

The future belongs to those who believe
in the beauty of their dreams.

Eleanor Roosevelt

Look back over the past, with its changing
empires that rose and fell, and you can foresee
the future, too.

Marcus Aurelius

Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.

Deepak Chopra

It is difficult for people with unchanging habits, burdened by systematic education, secured in monotonous jobs, confined by mainstream media, to properly assess and create the future.

Trung Nguyen

The future does not belong to those who are content with today, apathetic toward common problems and their fellow man alike, timid and fearful in the face of bold projects and new ideas. Rather, it will belong to those who can blend passion, reason and courage in a personal commitment to the great enterprises and ideals of American society.

Robert F. Kennedy

I hope you live a life you’re proud of.

F. Scott Fitzgerald

It is never too late to be what you might have been.

George Eliot

Those who are unwilling to invest in the future haven't earned one.

H.W. Lewis

Many of us crucify ourselves between two thieves—regret for the past and fear of the future.

Fulton Oursler

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far.

Irish Blessing

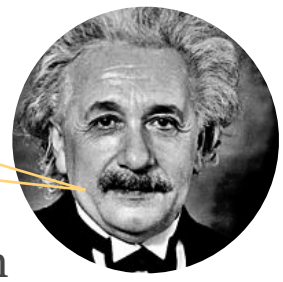
You know you’re on the right track when you have no interest in looking back.

Naturalopist

Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.

Malcolm X

I never think of the future; it comes soon enough.



Albert Einstein

We may not be able to prepare the future for our children, but we can at least prepare our children for the future.

Franklin D. Roosevelt

The wave of the future is not the conquest of the world by a single dogmatic creed but the liberation of the diverse energies of free nations and free men.

John F. Kennedy

A year from now you will wish you had started today.

Karen Lamb

I skate to where the puck is going to be, not where it has been.

Wayne Gretzky

We are made wise not by the recollection of our past, but by the responsibility for our future.

George Bernard Shaw

AFTERLIFE

afterlife

hereafter, immortality, the great beyond

1. Life after death.

2. The place believed to be inhabited by deceased people.

What happens to us after we die? This question has spawned dozens of religions.

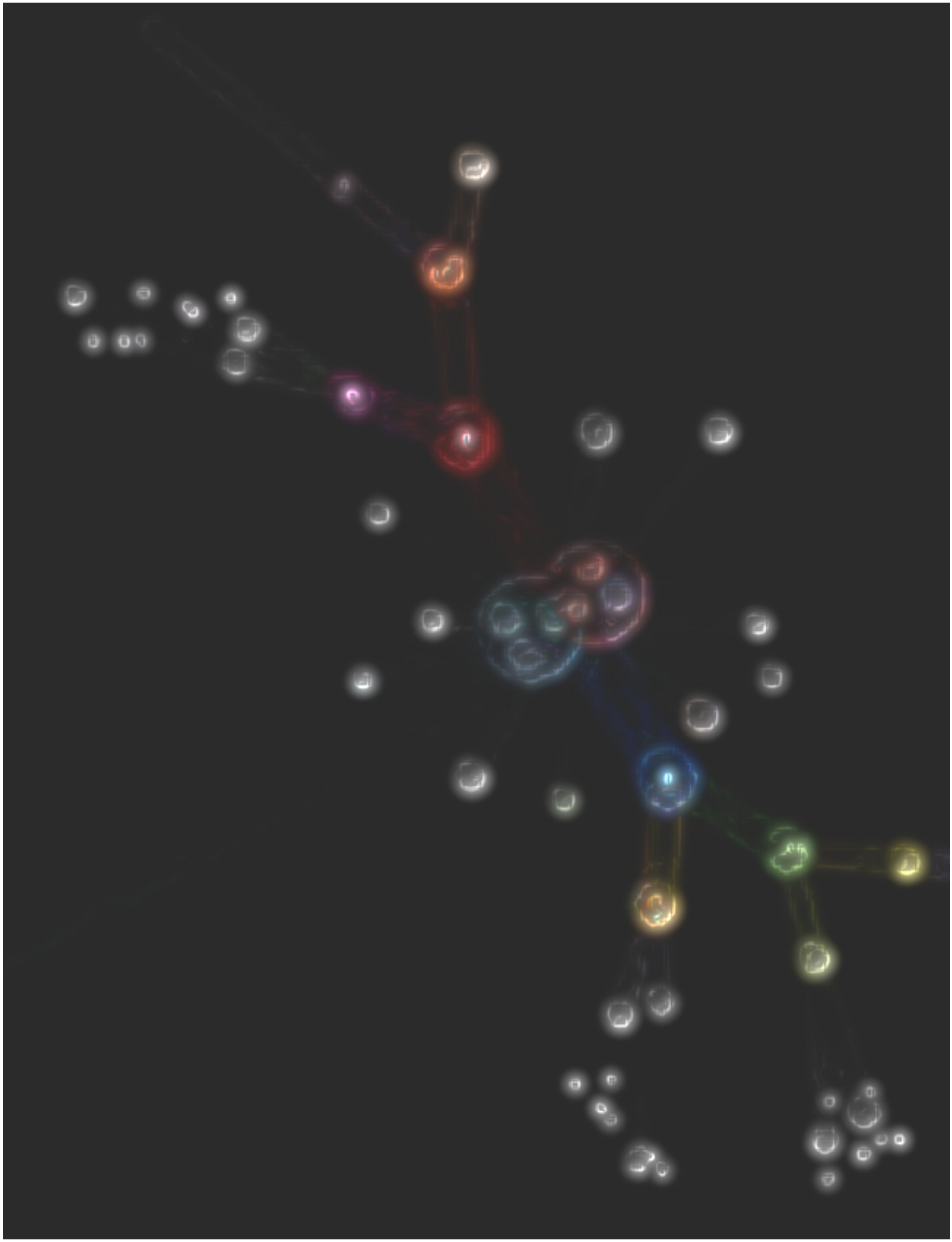
We know how life is biologically assembled: atoms into molecules, molecules into cells, cells into tissues, tissues into organs, and organs into a body.

We also know how life is disassembled when we die: the body decays, its organs decompose into tissues, tissues into cells, cells into molecules, and molecules into atom...back to the ethereal we go. As particles, we are one with Nature again. The only evidence of our existence are the photographs, videos, deeds, and memories others have of us.

If we assume that there is an afterlife in utopia or inferno, there are pressing questions that need to be answered. Do we still eat? Do we still drink? Do we still breathe? Where do we live? What is the system of government? How long do we live? What happens when we die *again*, or do we live forever? If we live forever, what do we do with our time? These are just a few practical questions of existence. If they can't be answered, what hope is there for a second life?

Live life to the fullest and don't fear death. A person who doesn't fear death, dies only once. A person who fears death, dies everyday.

You only live once. Make it count.



Even death is not to be feared by one who has lived wisely.

Buddha

If you would not be forgotten as soon as you are dead and rotten, either write something worth reading or do things worth writing.

Benjamin Franklin

Whether you reach a lot of people or have a profound impact on a few people, their memories of you is your Afterlife.

Greg Graffin

Almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important.

Steve Jobs

The bitterest tears shed over graves are for words left unsaid and deeds left undone.

Harriet Beecher Stowe

People living deeply have no fear of death.

Anais Nin

The act of dying is one of the acts of life.

Marcus Aurelius

Life begins perpetually. Gathered together at last under the leadership of man, the student-teacher of the universe... unified, disciplined, armed with the secret powers of the atom, and with knowledge as yet beyond dreaming, Life, forever dying to be born afresh, forever young and eager, will presently stand upon this earth as upon a footstool, and stretch out its realm amidst the stars.

H.G. Wells

It's better to bet on this life than on the next.

Albert Camus

I have never seen the slightest scientific proof of the religious theories of heaven and hell, of future life for individuals, or of a personal God.

Thomas Edison

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

Steve Jobs

The soul becomes dyed with the color of its thoughts.

Marcus Aurelius

At the end of life the soul goes forth alone; whereupon only our good deeds befriend us.

Buddha

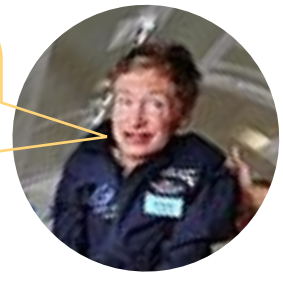
Dream often, work hard, laugh hard, love much, and do something positive that people will remember you for after you're gone.

Naturalopist

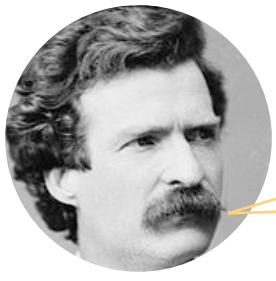
When you are in the final days of your life, what will you want? Will you hug that college degree in the walnut frame? Will you ask to be carried to the garage so you can sit in your car? Will you find comfort in rereading your financial statement? Of course not. What will matter then will be people. If relationships will matter most then, shouldn't they matter most now?

Max Lucado

I regard the afterlife to be a fairy story for people who are afraid of the dark.



Stephen Hawking



The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time.

Mark Twain

I'm not afraid of death. It's the stake one puts up in order to play the game of life.

Jean Giraudoux

Men fear Death, as children fear to go in the dark; and as that natural fear in children is increased with tales, so is the other.

Francis Bacon

He who doesn't fear death dies only once.

Giovanni Falcone

The more people you positively affect in this life, the longer your afterlife. Your afterlife lives in the memories of loved ones and those you've influenced.

Trung Nguyen

Expect not praise without any envy until you are dead.

Charles Caleb Colton

When you remember me, it means that you have carried something of who I am with you, that I have left some mark of who I am on who you are. It means that you can summon me back to your mind even though countless years and miles may stand between us. It means that if we meet again, you will know me. It means that even after I die, you can still see my face and hear my voice and speak to me in your heart. For as long as you remember me, I am never entirely lost.

Frederick Buechner

Ayn Rand

Ask yourself whether the dream of heaven and greatness should be left waiting for us in our graves—or whether it should be ours here and now and on this Earth.

Most of us spend our lives as if we had another one in the bank.

Ben Irwin

You only live once. Make it count.

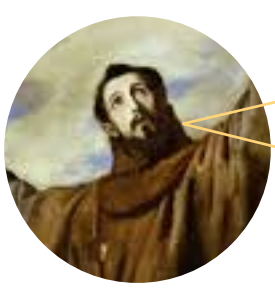
Trung Nguyen

I'm a collection of water, calcium, and organic matter called Carl Sagan. You are a collection of almost identical molecules with a different collective label. But is that all? Is there nothing here but molecules?

Some people find this idea demeaning to human dignity. For myself I find it elevating that our universe permits evolution of molecular machines as intricate and subtle as we are.

Carl Sagan

St. Francis of Assisi



Remember when you leave this Earth, you can take with you nothing that you have received, only what you have given: a heart enriched by honest service, love, sacrifice, and courage.

I would love to believe that when I die I will live again, that some thinking, feeling, remembering part of me will continue. But as much as I want to believe that, and despite the ancient and worldwide cultural traditions that assert an afterlife, I know of nothing to suggest that it is more than wishful thinking.

Carl Sagan

Everything science has taught me—and continues to teach me—strengthens my belief in the continuity of our spiritual existence after death. Nothing disappears without a trace.

Wernher von Braun

Herman Hesse

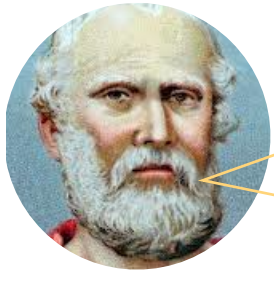
He saw all these forms and faces in a thousand relationships become newly born. Each one was mortal, a passionate, painful example of all that is transitory. Yet none of them died, they only changed, were always reborn, continually had a new face: only time stood between one face and another.

If I am right, then religious fundamentalists will not go to Heaven, because there is no Heaven. If they are right, then they will not go to Heaven, because they are hypocrites.

Isaac Asimov

I had to get rid of any idea of hell or any idea of the afterlife. That's what held me, kept me down. So now I just have nothing but contempt for the institution of the church.

Frank McCourt



The soul takes nothing with her to the next world but her education and her culture. At the beginning of the journey to the next world, one's education and culture can either provide the greatest assistance, or else act as the greatest burden, to the person who has just died.

Plato

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet, death is the destination we all share. No one has ever escaped it, and that is how it should be, because death is very likely the single best invention of life. It's life's change agent. It clears out the old to make way for the new.

Steve Jobs

I don't believe in an afterlife, so I don't have to spend my whole life fearing hell, or fearing heaven even more. For whatever the tortures of hell, I think the boredom of heaven would be even worse.

Isaac Asimov

The things you do for yourself, dies when you die. The things you do for others remain as your legacy.

Les Brown

We're so terrified of death in Western culture that we have to make up a myth of an afterlife. I think there's something to be said for living your life very mindful of the fact that you're going to die because I think you carry yourself differently. It doesn't have to be this big, negative bummer.

Steve Earle

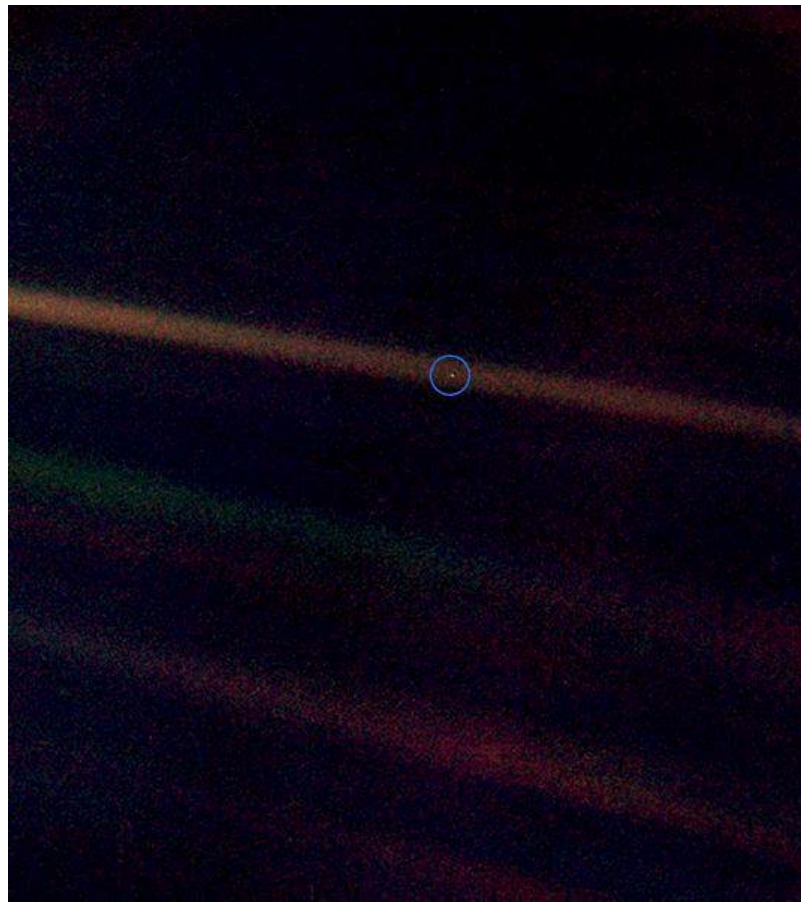
The idea of an afterlife where you can be reunited with loved ones can be immensely consoling—though not to me.

Richard Dawkins

In in the end, when it’s all over, all that matters is what you’ve done.

Alexander the Great

THE PALE BLUE DOT



Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.
That's here.
That's home.
That's us.
On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every “superstar,”
every “supreme leader,”
every saint and sinner in the history of our species lived there–

on a mote of dust suspended in a sunbeam.

Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity–in all this vastness–there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.

Carl Sagan

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

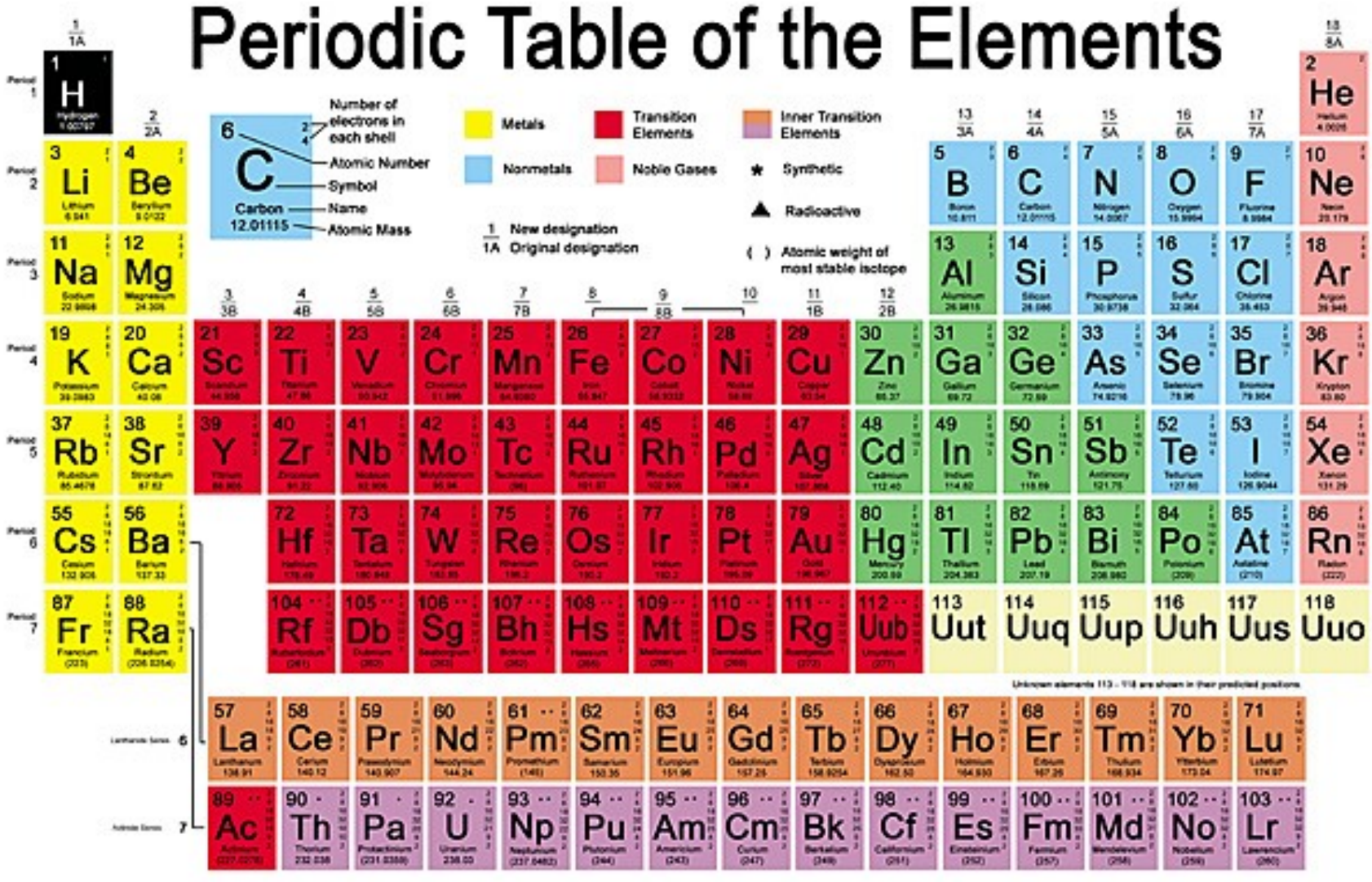
entropy

decay, breakup, randomness, degeneration, disorder

1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.

2. The tendency of a system that is left to itself to descend into chaos; uncountable.

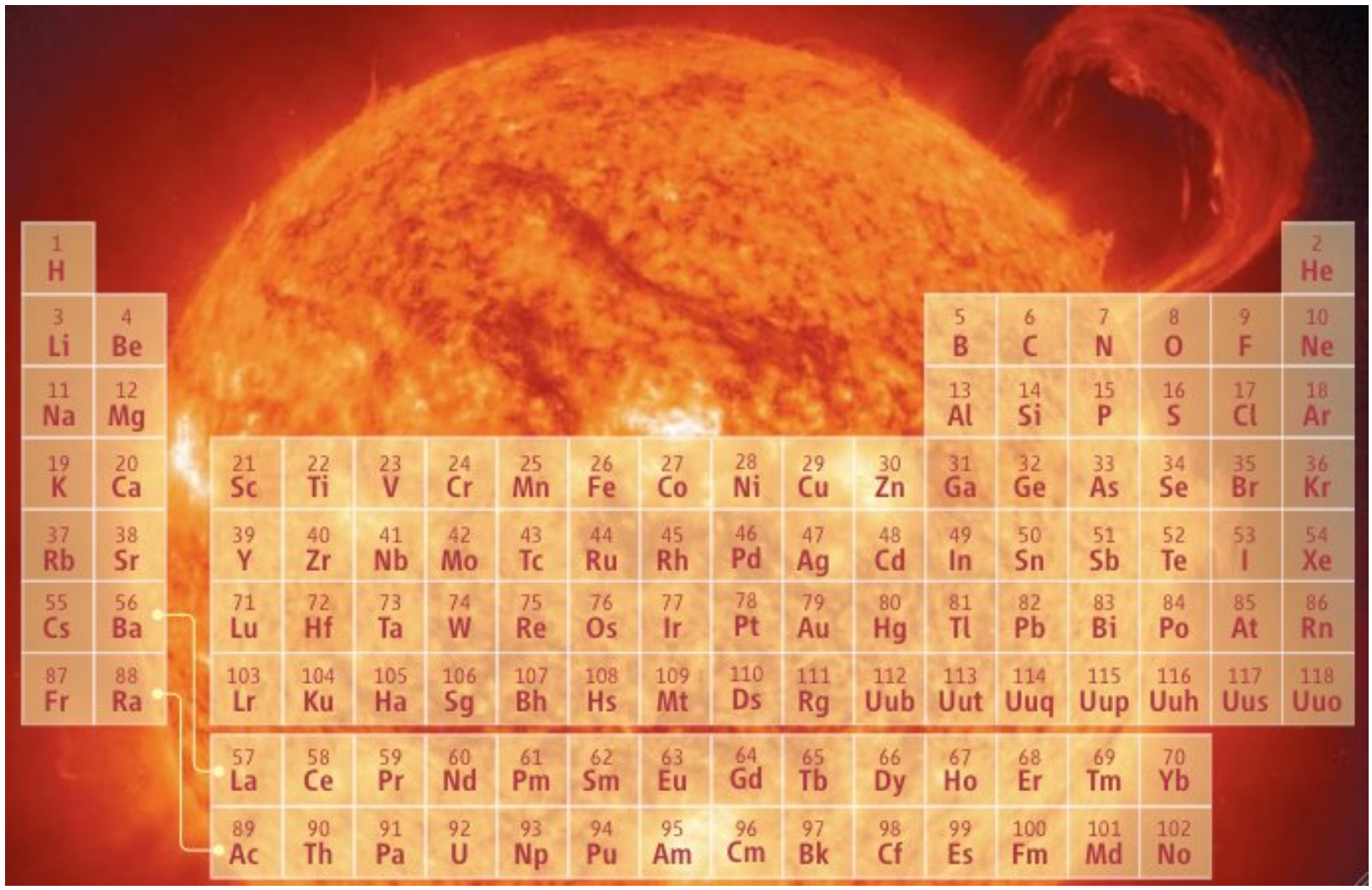
Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun' core, hy-



mlxxx

drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

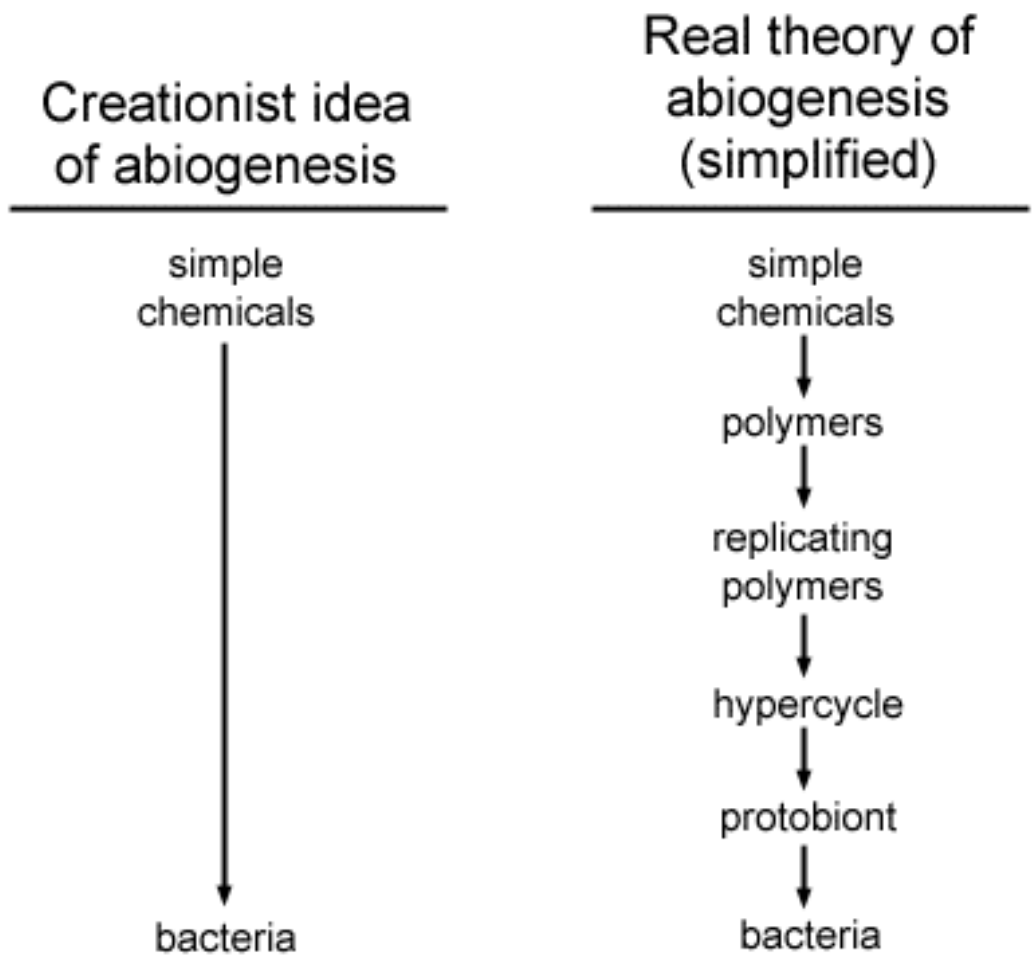


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis —that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H2O), which is made of two elements: hydrogen (H) and oxygen (O).



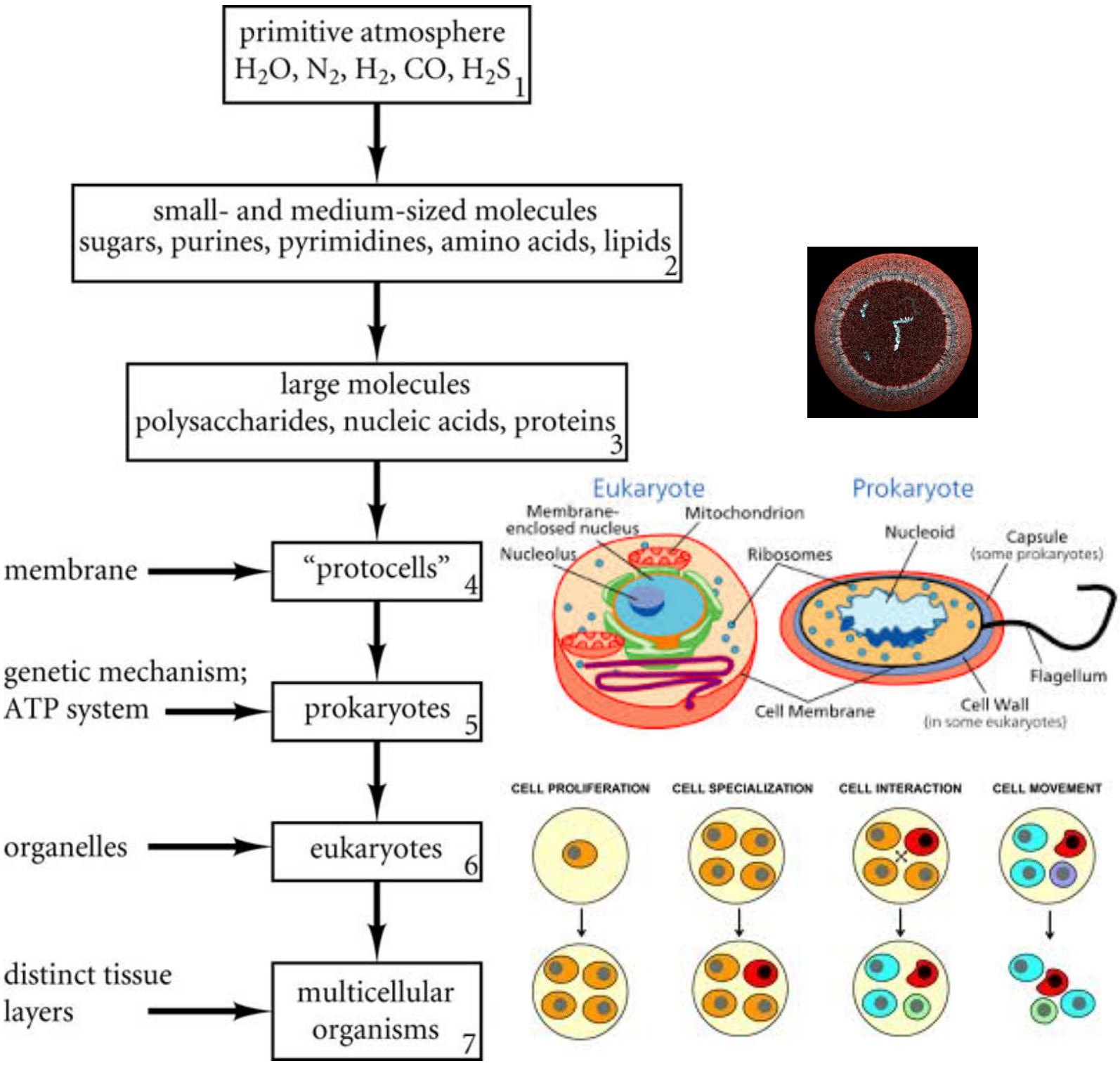
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise

Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

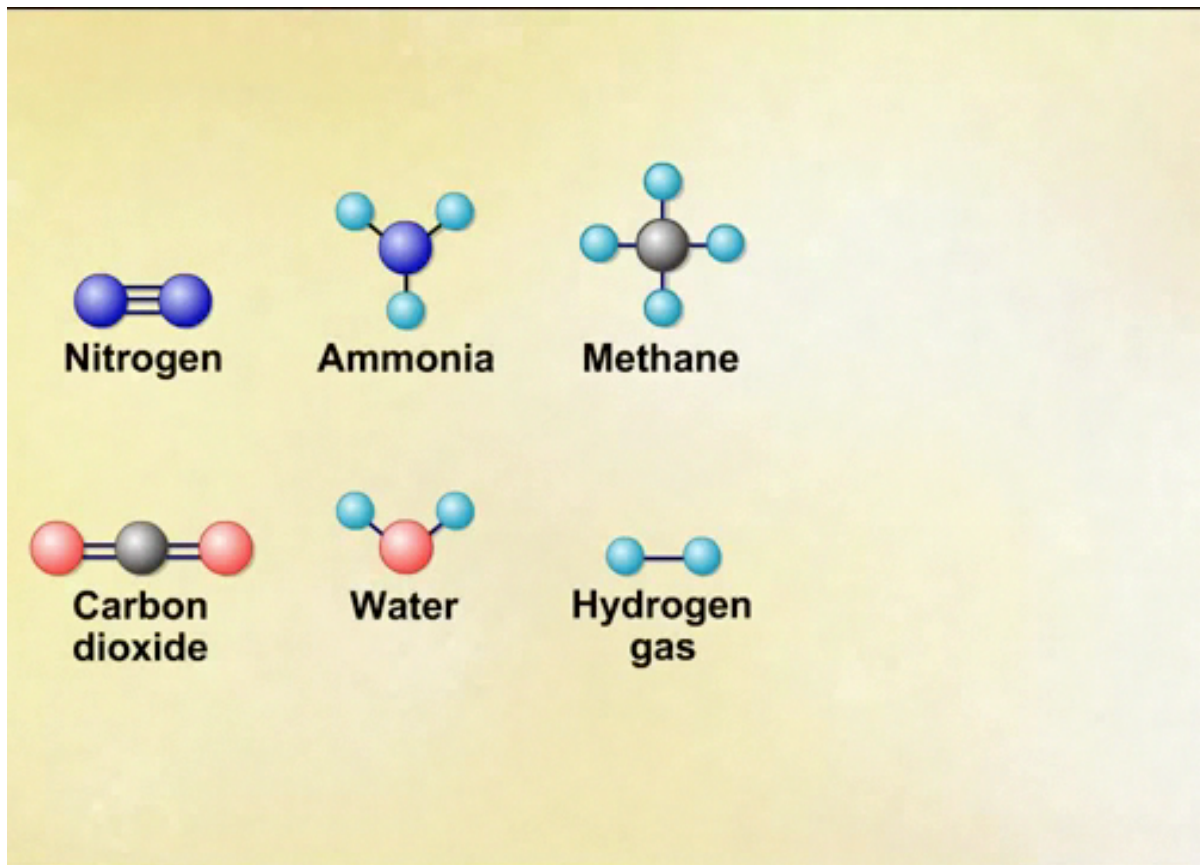
The Missing Link

Creationists point to a perceived flaw in Darwin’s theory of evolution: If humans evolved from apes, then why are apes still around? Darwin’s theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

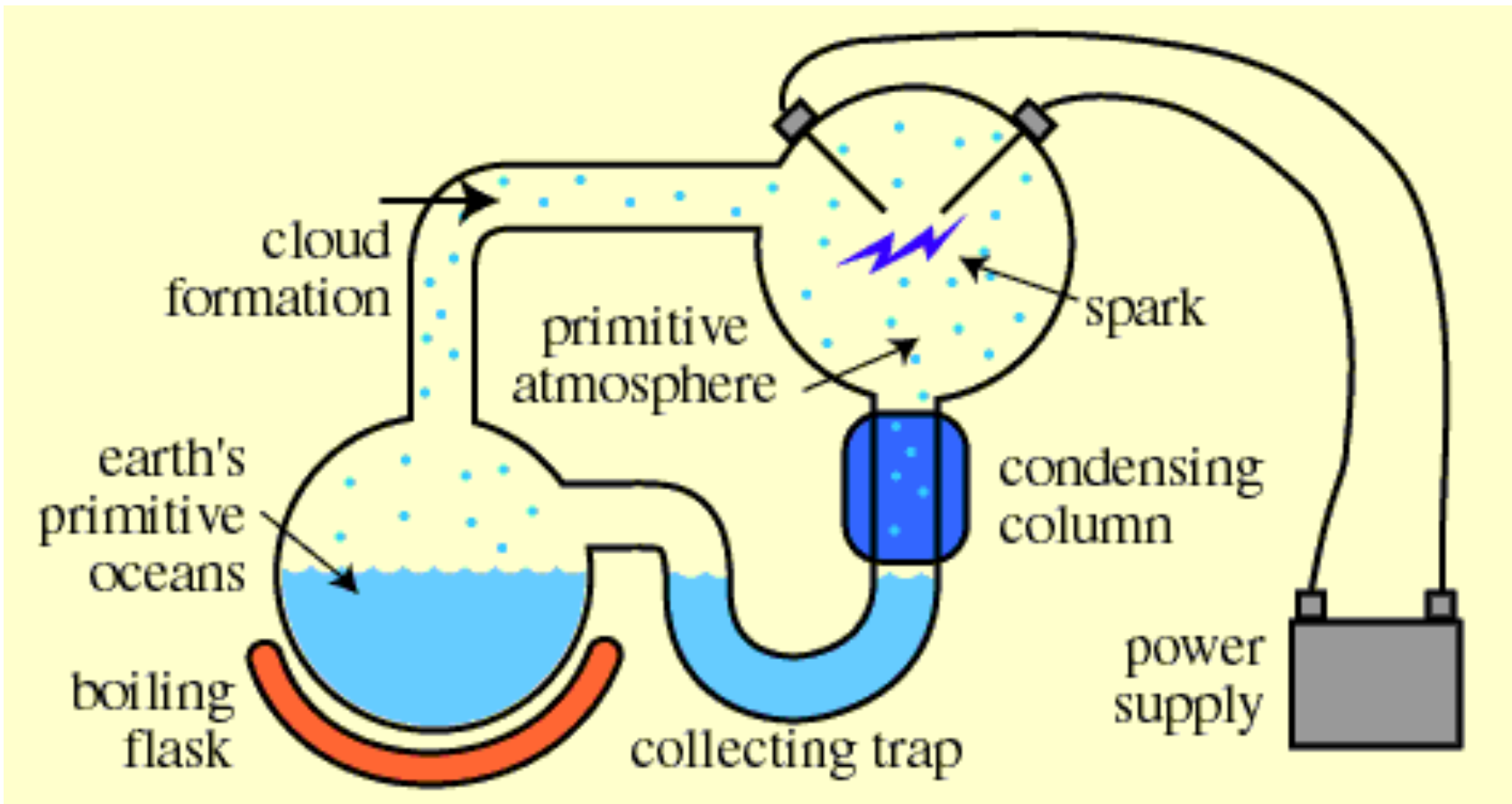
The God Dilemma

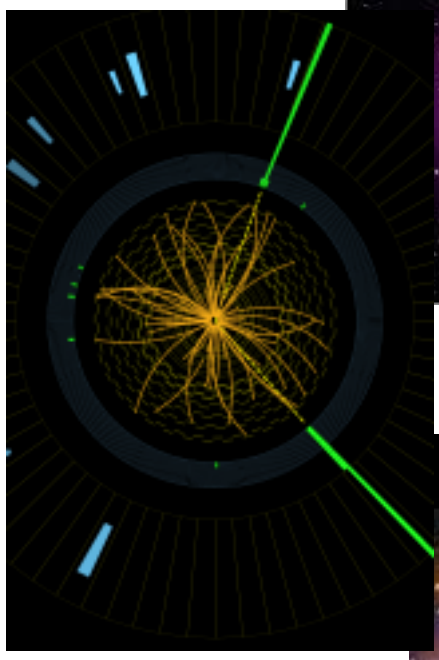
We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

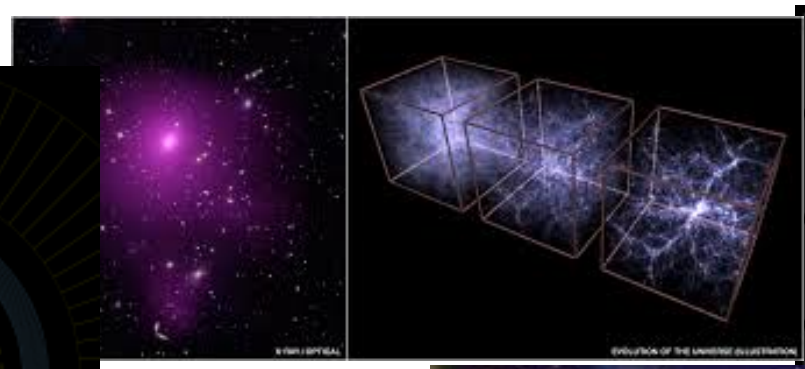
Video: Urey-Miller Experiment, 1953

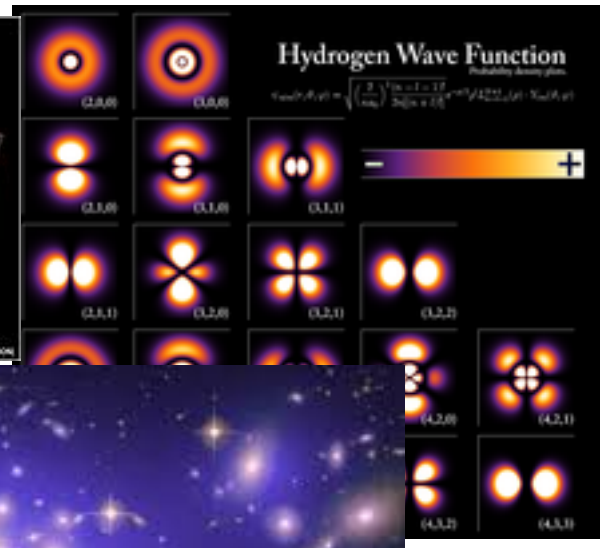


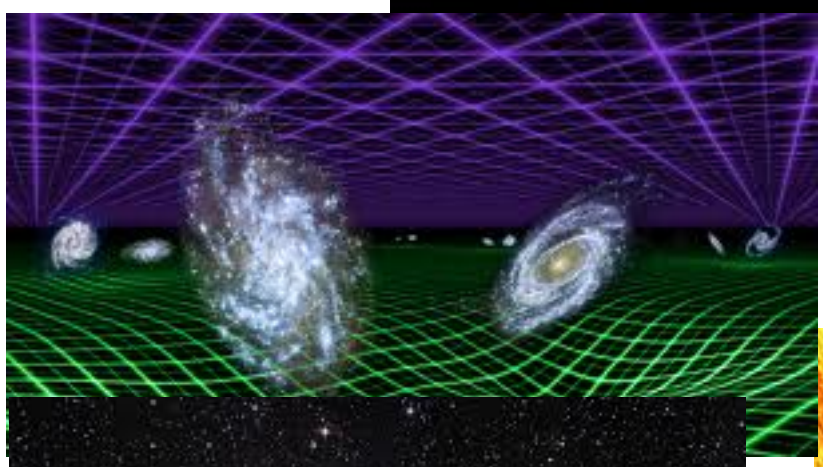
Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations. *Video requires Apple iBooks to view*.



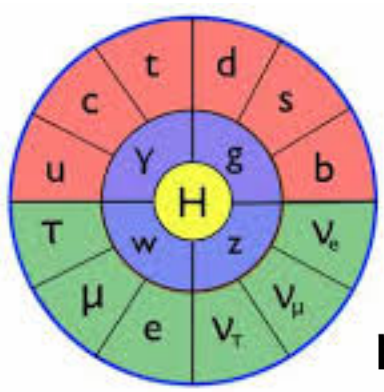


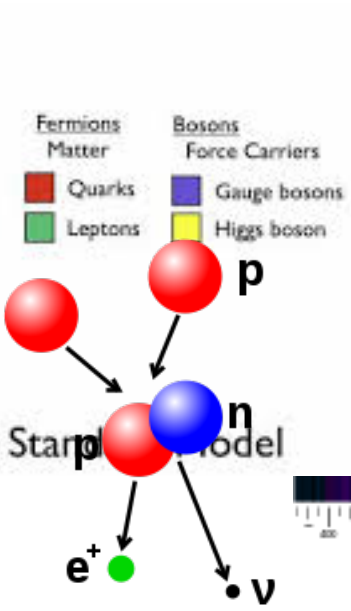

EVOLUTION OF THE UNIVERSE ILLUSTRATION


Hydrogen Wave Function

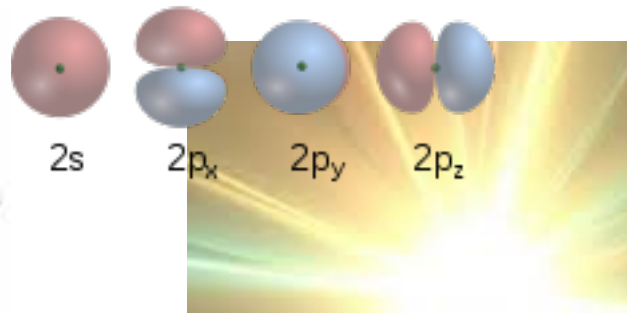


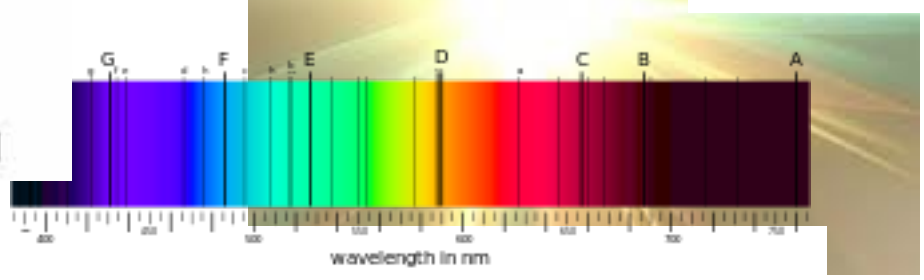
Mercury
Venus
Earth
Mars
Jupiter
Saturn
Uranus
Neptune

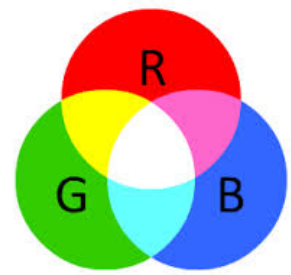




Particles of the Standard Model







Periodic Table of the Elements

GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6	GROUP 7	GROUP 8	GROUP 9	GROUP 10	GROUP 11	GROUP 12	GROUP 13	GROUP 14	GROUP 15	GROUP 16	GROUP 17	GROUP 18
1 H hydrogen [1.007 - 1.009]																	2 He helium 4.003
3 Li lithium [6.938 - 6.997]	4 Be beryllium 9.012											5 B boron [10.80 - 10.83]	6 C carbon [12.01 - 12.02]	7 N nitrogen [14.00 - 14.01]	8 O oxygen [15.99 - 16.00]	9 F fluorine 19.00	10 Ne neon 20.18
11 Na sodium 22.99	12 Mg magnesium 24.31											13 Al aluminium 26.98	14 Si silicon [28.08 - 28.09]	15 P phosphorus 30.97	16 S sulfur [32.05 - 32.08]	17 Cl chlorine [35.44 - 35.46]	18 Ar argon 39.95
19 K potassium 39.10	20 Ca calcium 40.08	21 Sc scandium 44.96	22 Ti titanium 47.87	23 V vanadium 50.94	24 Cr chromium 52.00	25 Mn manganese 54.94	26 Fe iron 55.85	27 Co cobalt 58.93	28 Ni nickel 58.69	29 Cu copper 63.55	30 Zn zinc 65.38	31 Ga gallium 69.72	32 Ge germanium 72.63	33 As arsenic 74.92	34 Se selenium 78.96	35 Br bromine 79.90	36 Kr krypton 83.80
37 Rb rubidium 85.47	38 Sr strontium 87.62	39 Y yttrium 88.91	40 Zr zirconium 91.22	41 Nb niobium 92.91	42 Mo molybdenum 95.96	43 Tc technetium (98)	44 Ru ruthenium 101.1	45 Rh rhodium 102.9	46 Pd palladium 106.4	47 Ag silver 107.9	48 Cd cadmium 112.4	49 In indium 114.8	50 Sn tin 118.7	51 Sb antimony 121.8	52 Te tellurium 127.6	53 I iodine 126.9	54 Xe xenon 131.3
55 Cs caesium 132.9	56 Ba barium 137.3	57-71 lanthanoids	72 Hf hafnium 178.5	73 Ta tantalum 180.9	74 W tungsten 183.8	75 Re rhenium 186.2	76 Os osmium 190.2	77 Ir iridium 192.2	78 Pt platinum 195.1	79 Au gold 197.0	80 Hg mercury 200.6	81 Tl thallium [204.3 - 204.4]	82 Pb lead 207.2	83 Bi bismuth 209.0	84 Po polonium (210)	85 At astatine (210)	86 Rn radon (220)
87 Fr francium (223)	88 Ra radium (226)	89-103 actinoids	104 Rf rutherfordium (261)	105 Db dubnium (262)	106 Sg seaborgium (266)	107 Bh bohrium (264)	108 Hs hassium (277)	109 Mt meitnerium (268)	110 Ds darmstadtium (271)	111 Rg roentgenium (272)	112 Cn copernicium (285)	113 Uut Ununtrium (284)	114 Uuq Ununquadium (289)	115 Uup Ununpentium (288)	116 Uuh Ununhexium (292)	117 Uus Ununseptium	118 Uuo Ununoctium (294)

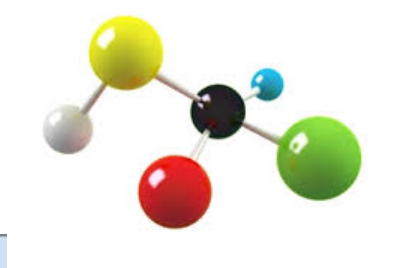
atomic number (white text = gas state at 0 °C) → 26
chemical symbol → Fe
chemical name → iron
standard atomic weight (lower - upper bounds; (closest) no stable isotopes) → 55.85

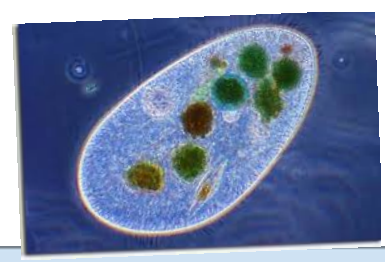
Element Categories: alkali metals, alkaline metals, other metals, transition metals, lanthanoids, actinoids, metalloids, nonmetals, halogens, noble gases, unknown elements

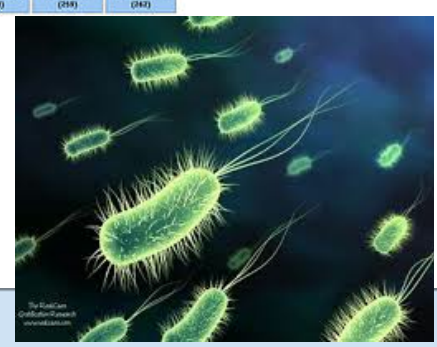
Electron Configuration Blocks: s, d, p, f

57 La lanthanum 138.9	58 Ce cerium 140.1	59 Pr praseodymium 140.9	60 Nd neodymium 144.2	61 Pm promethium (145)	62 Sm samarium 150.4	63 Eu europium 152.0	64 Gd gadolinium 157.3	65 Tb terbium 158.9	66 Dy dysprosium 162.5	67 Ho holmium 164.9	68 Er erbium 167.3	69 Tm thulium 168.9	70 Yb ytterbium 173.1	71 Lu lutetium 175.0
89 Ac actinium (227)	90 Th thorium 232.0	91 Pa protactinium 231.0	92 U uranium 238.0	93 Np neptunium (237)	94 Pu plutonium (244)	95 Am americium (243)	96 Cm curium (247)	97 Bk berkelium (247)	98 Cf californium (251)	99 Es einsteinium (252)	100 Fm fermium (257)	101 Md mendelevium (258)	102 No nobelium (259)	103 Lr lawrencium (262)

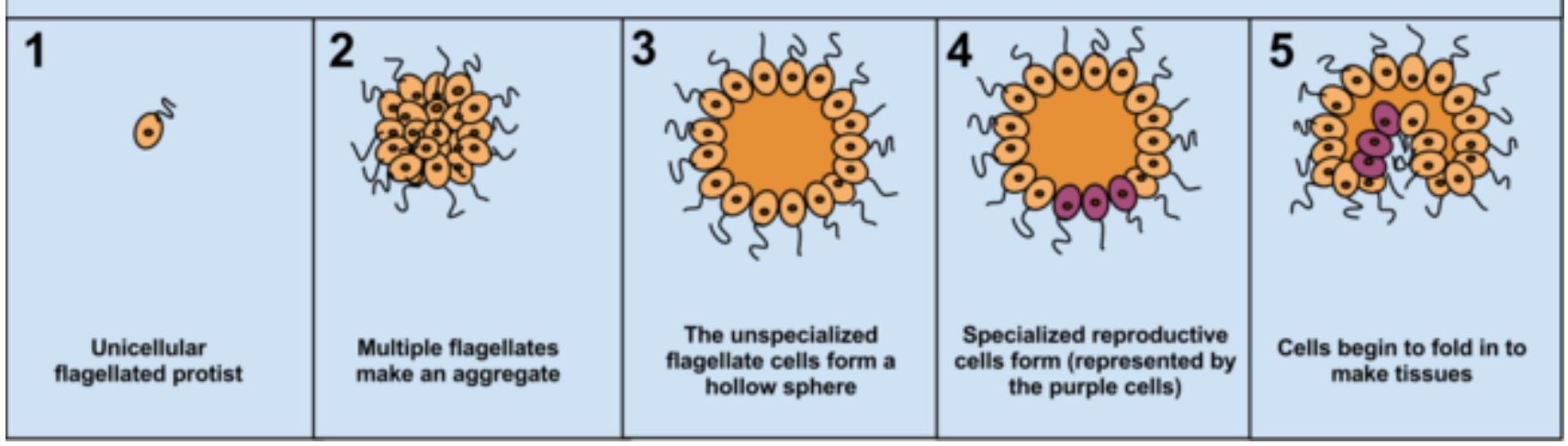
Natural Occurrence: primordial, from decay, synthetic

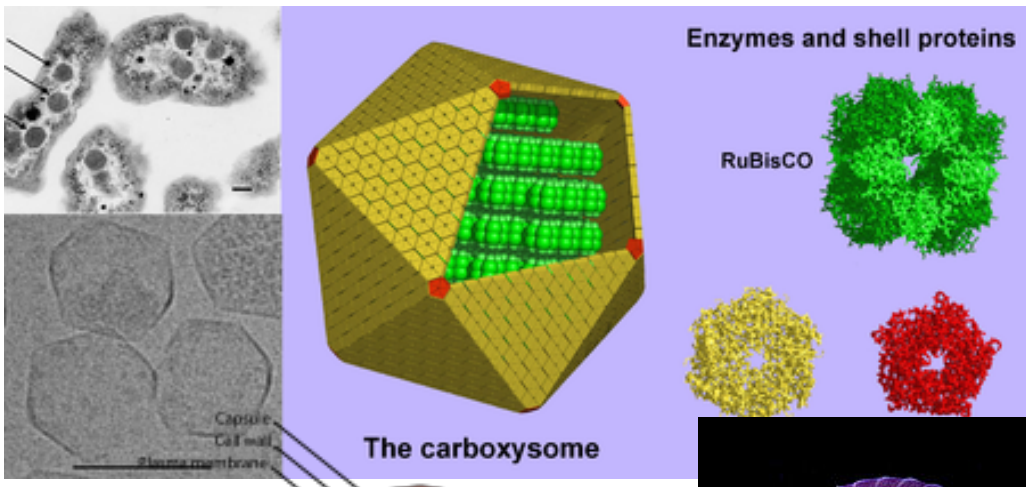




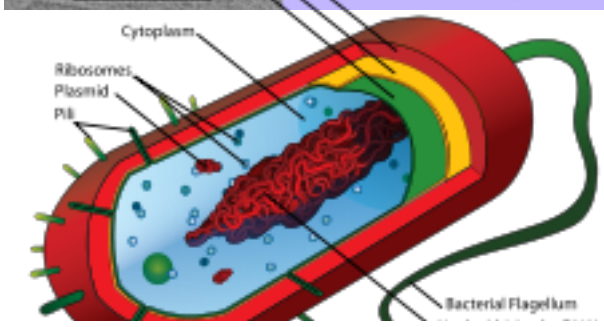


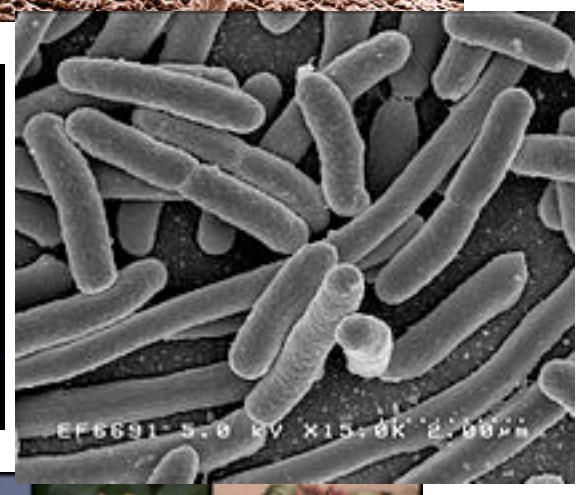
Colonial Flagellate Hypothesis

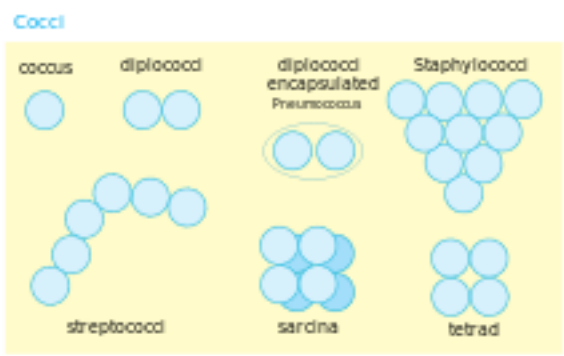


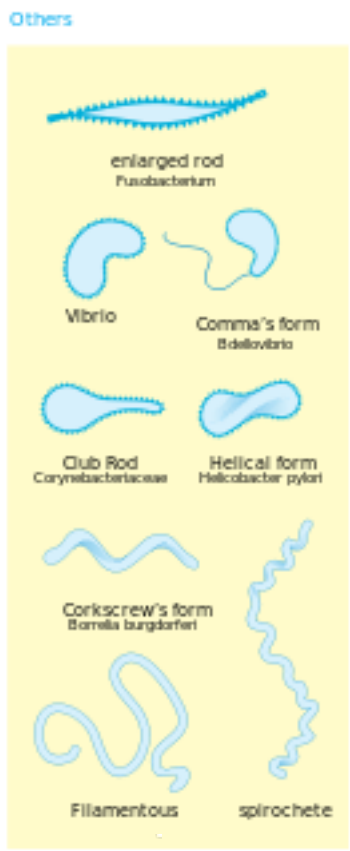

Enzymes and shell proteins
RuBisCO
The carboxysome

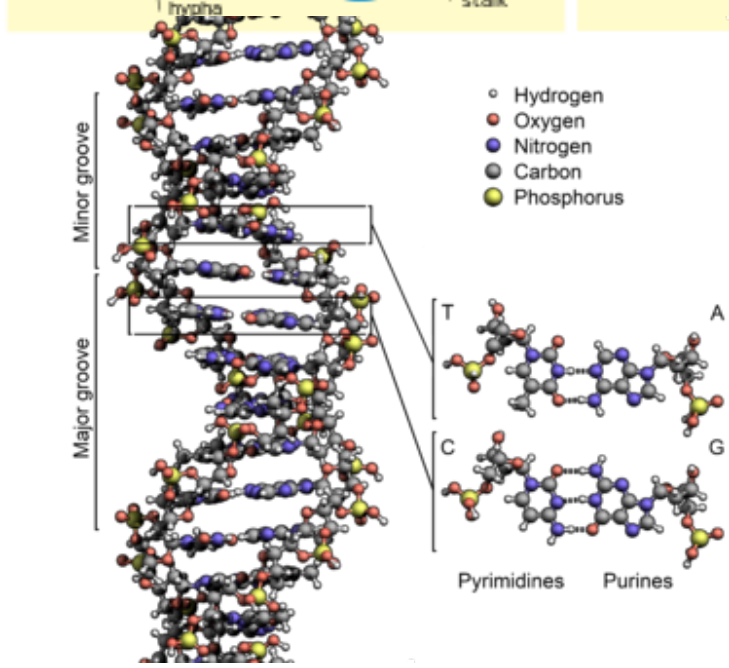
1 µm

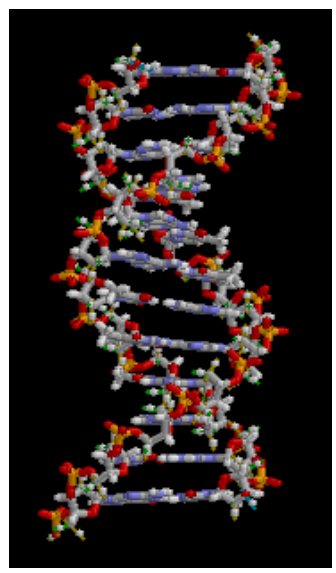

Cytoplasm
Ribosomes
Plasmid
Pili
Bacterial Flagellum

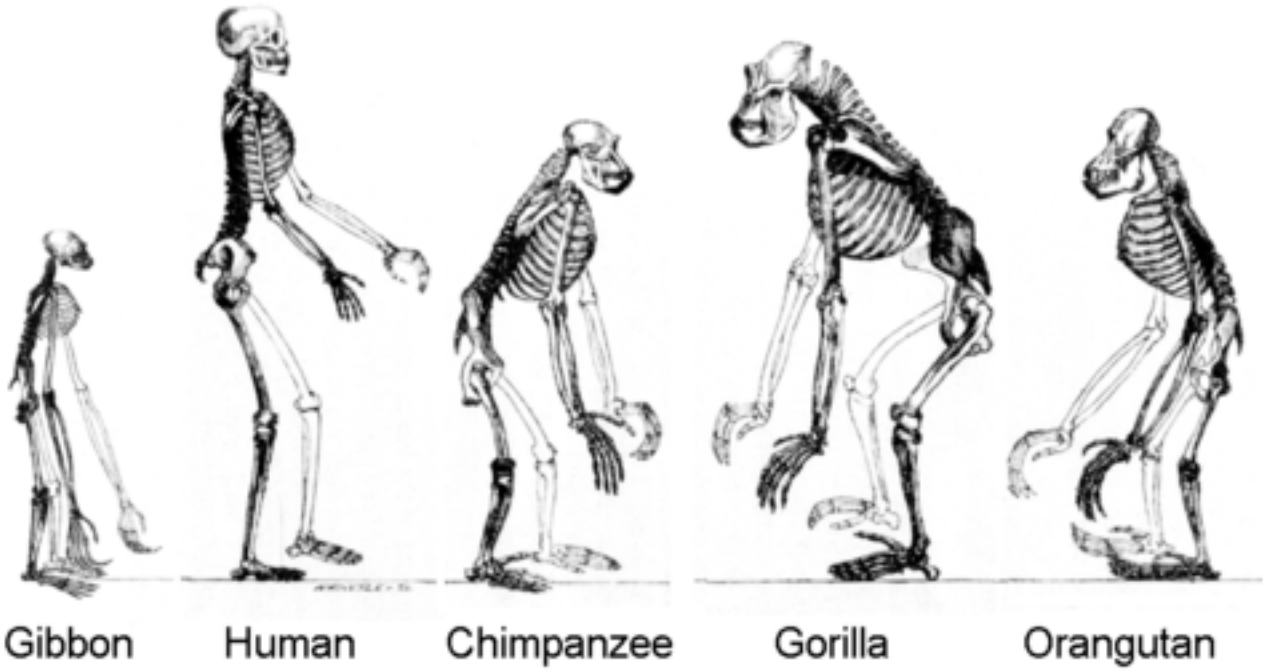

EF6691 5.0 kV X15.0K 2.00µm

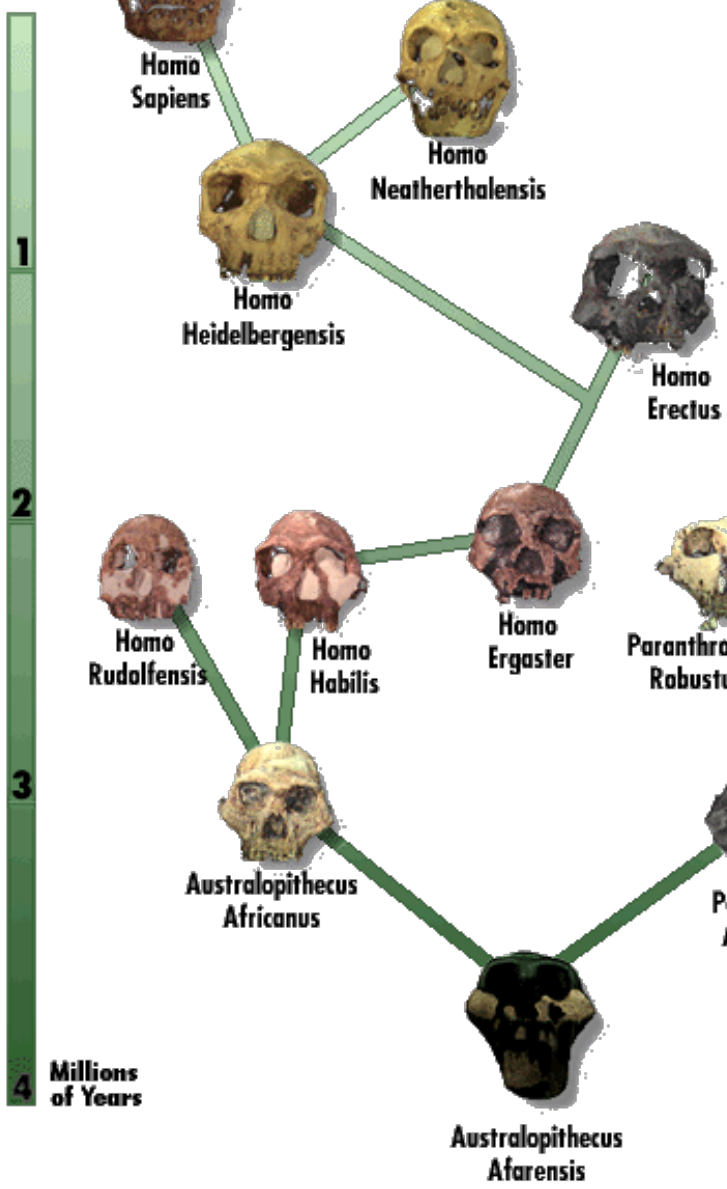

Cocci
coccus
diplococci
diplococci encapsulated
Pneumococcus
Staphylococci
streptococci
sarcina
tetrad
Bacilli
coccobacillus.
bacillus
diplobacilli
palisades.
Streptobacilli
Budding and appendaged bacteria
hypha
stalk

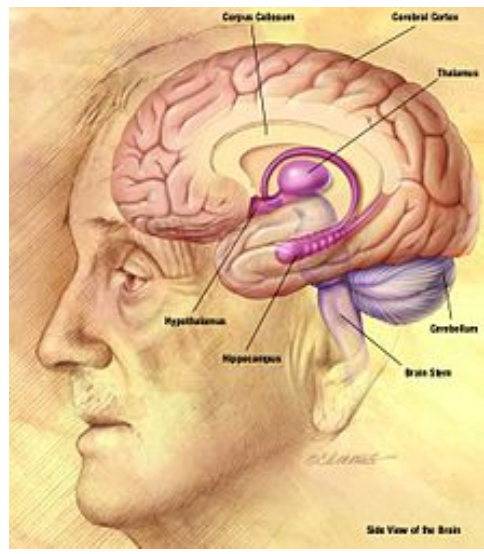

Others
enlarged rod
Fusobacterium
Vibrio
Comma's form
Bdellovibrio
Club Rod
Corynebacteriaceae
Helical form
Helicobacter pylori
Corkscrew's form
Borrelia burgdorferi
Filamentous
spirochete


Hydrogen
Oxygen
Nitrogen
Carbon
Phosphorus
Minor groove
Major groove
T
A
C
G
Pyrimidines
Purines

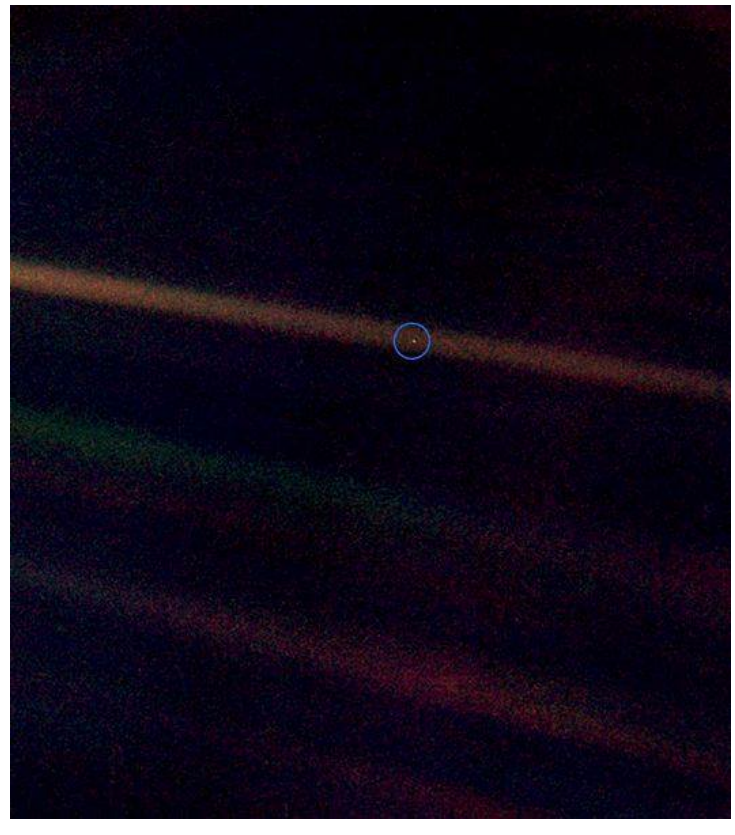



Gibbon
Human
Chimpanzee
Gorilla
Orangutan


1
2
3
4
Millions of Years
Homo Sapiens
Homo Neatherthalensis
Homo Heidelbergensis
Homo Erectus
Homo Rudolfensis
Homo Habilis
Homo Ergaster
Paranthropus Robustus
Paranthropus Boisei
Australopithecus Africanus
Paranthropus Aethiopicus
Australopithecus Afarensis


Corpus Callosum
Cerebral Cortex
Thalamus
Hypothalamus
Hippocampus
Cerebellum
Brain Stem

THE PALE BLUE DOT



Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.
That's here.
That's home.
That's us.
On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there–

on a mote of dust suspended in a sunbeam.

Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity–in all this vastness–there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.

Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.
1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.
2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah, but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttery at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase "holy shit" is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious persons loses precious time; first by miseducation, then by re-education.

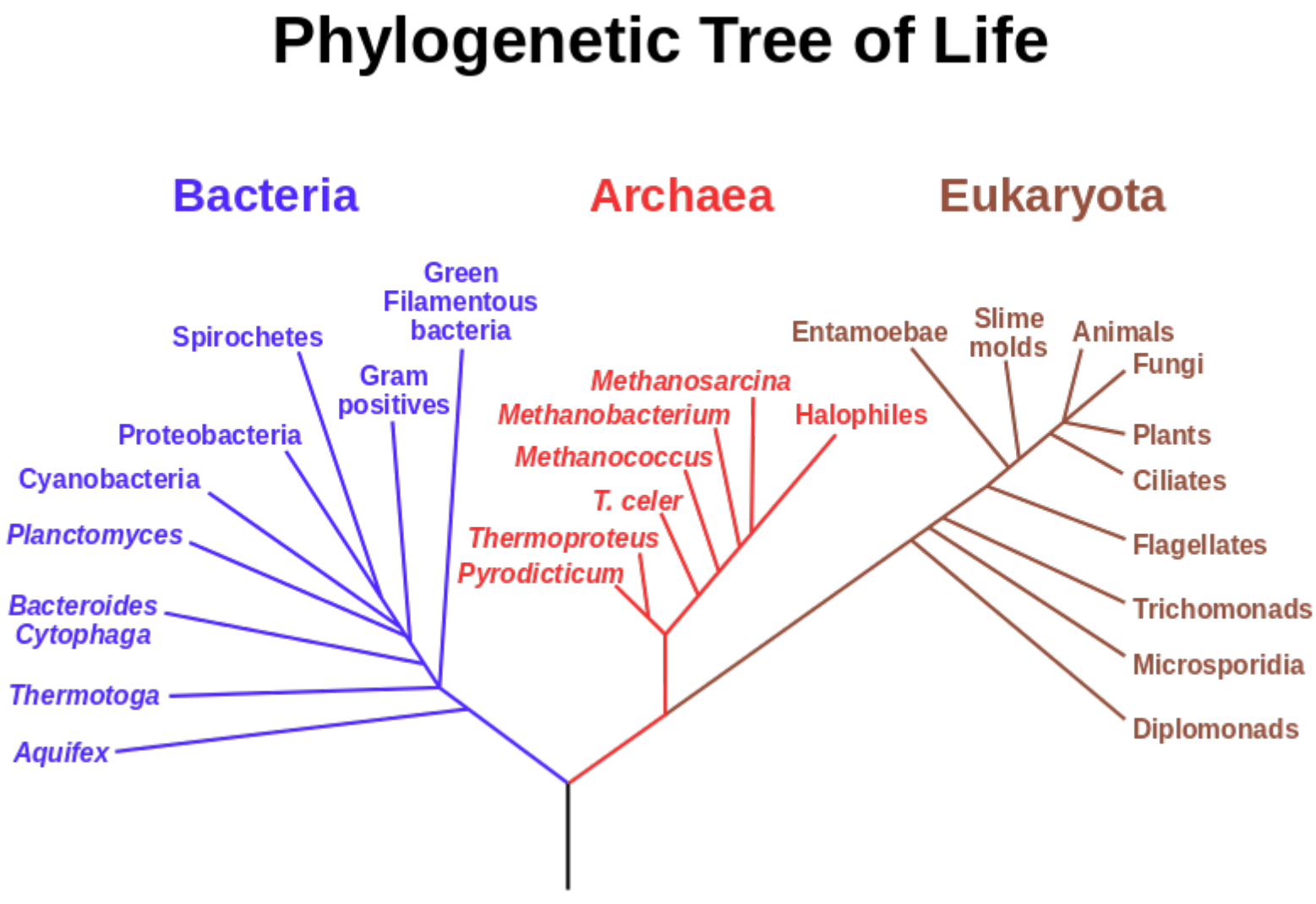
Let us ponder the primary existential questions of life, without involving religion.

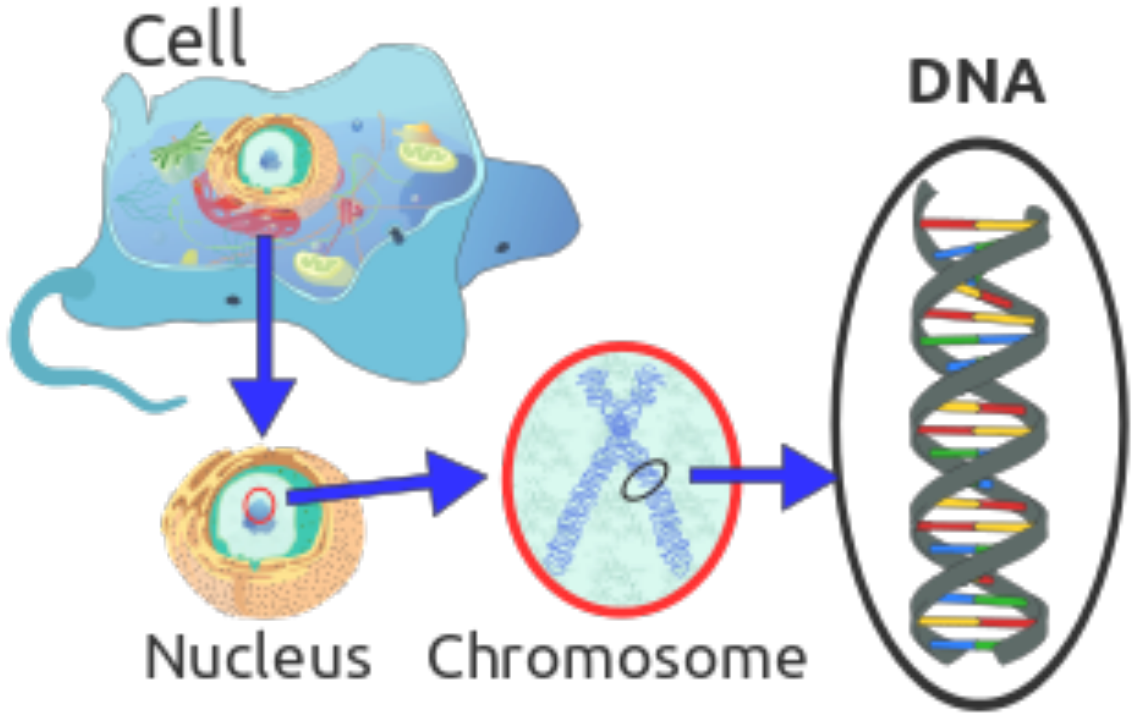
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun's lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that "everything is connected to everything else."





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.

2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. **Why Do Bad Things Happen To Us?**

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Karma is the consequence of the choices we make for events that are *within our control*. Of course there are exceptions to this karmic balance; two notable exceptions are accidents, natural disasters, and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

There are things beyond our power and things within our power. Bad things that happen beyond our power are the result of global and natural events. Bad things that happen *within* our power are the result of karma.

We reap what we sow.

4. **Is There A God?**

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

> Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.
- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their believe that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ʿAbd Allāh ibn ʿAbd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of "divine" revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad's teachings, their followers became Muslim adherents. The word "Muslim" means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away. Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality.
If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answers is "everywhere", that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, "If you don't believe in god, then what do you believe in?"

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

> Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

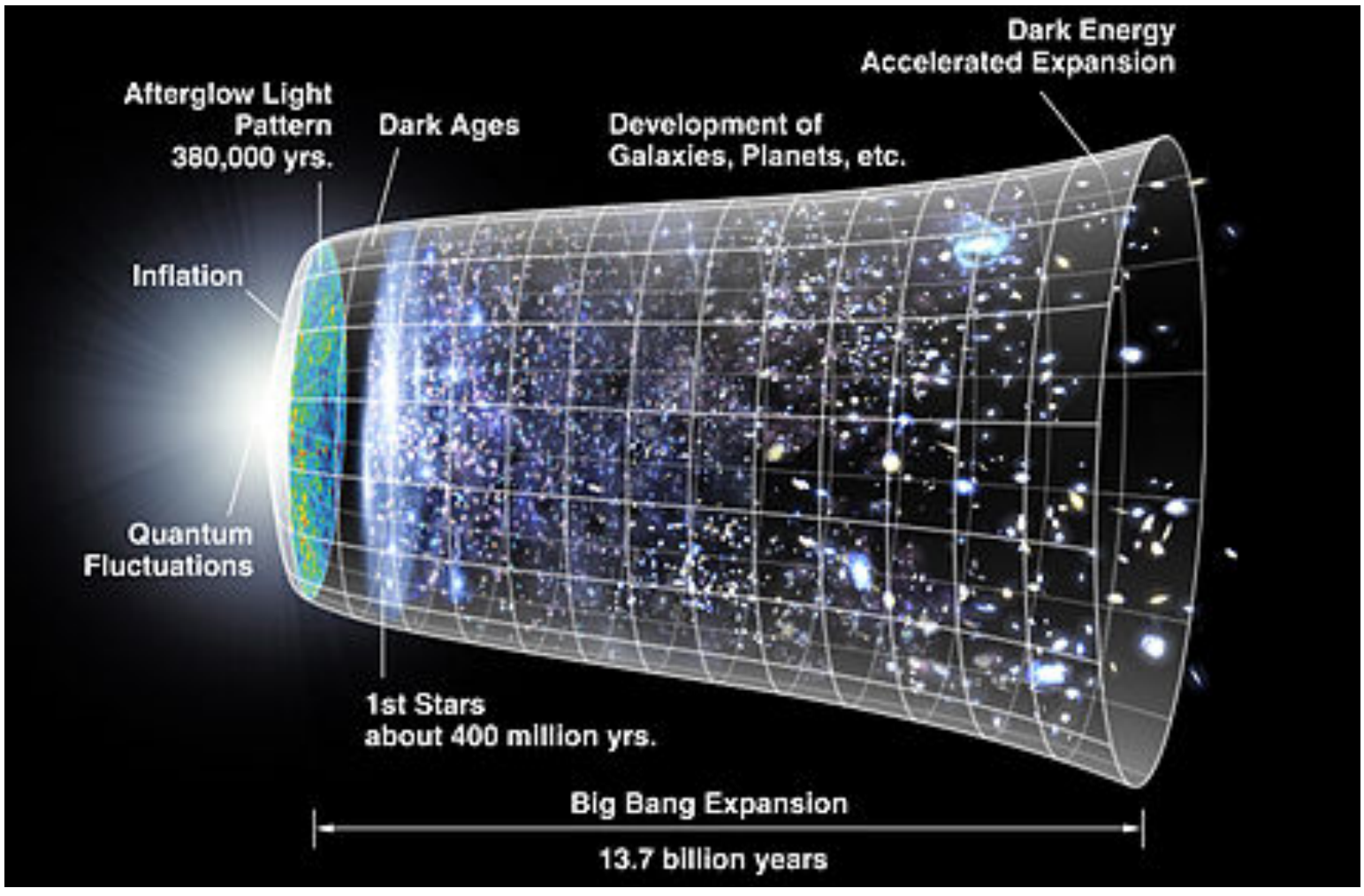
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10, 000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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Compiled by Trung Nguyen
Written by Trung Nguyen
freewill@encognitive.com
www.encognitive.com
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